

# GLAMOUR

South Africa

AUGUST 2015 R33 (incl VAT)  
OTHER COUNTRIES R28.95

GLAMOUR.CO.ZA

THE MAN  
BEHIND  
LOUIS  
VUITTON

## Career special

- Your best CV ever
- Crack that interview
- How I got my job, by the GLAMOUR team

Great jewellery  
under R300

Drop-everything read

“I confronted my  
abuser and then  
forgave him”

KERRY  
WASHINGTON

Iconic style and  
life lessons

15  
FABULOUS  
WORKWEAR  
UPDATES

Anti-ageing

What to know about  
Botox, fillers and more

PLUS Stay-gorgeous diet,  
skin and hair tips







**MIMCO**  
• SPARKLING SINCE 1996

DESIGNER ACCESSORIES AVAILABLE EXCLUSIVELY AT HYDE PARK, SANDTON CITY,  
V&A WATERFRONT AND SELECTED WOOLWORTHS STORES

MIMCO.CO.ZA #MIMCOSA



# YARDLEY

LONDON



---

## SALON PERFECT GEL POLISH

Get that long-lasting gel finish at home with Yardley GEL LAC nail polish in 27 new fashion shades.



# GLAMOUR 2015

# Aug

## On the cover

- 22 **15 Fabulous workwear updates**
- 28 **The man behind Louis Vuitton**
- 54 **Kerry Washington**  
Iconic style and life lessons
- 66 **Drop-everything read**  
"I confronted my abuser and then forgave him"
- 96 **Great jewellery under R300**
- 108 **Anti-ageing: what to know about Botox, fillers and more**
- PLUS Stay-gorgeous diet skin and hair tips**

## Career special

- 71 Your best CV ever
- Crack that interview
- How I got my job,
- by the GLAMOUR team

## Fashion flash

- 21 **Flat-tastic** Meet our favourite work-ready flats right now
- 22 **Wow at work!** Ace your 9-5 with these power pieces
- 28 **The man behind Louis Vuitton** Nicolas Ghesquière, the pro at the helm of fashion's most iconic luxury brand, talks LV
- 30 **5 Ways to wear the trends now** By H&M creative advisor Ann-Sofie Johansson
- 32 **Your best leather jacket** to suit your shape
- 34 **Shop ZA** White-hot buys

## Beauty flash

- 37 **Matte or sheer?** Lips tell a beautiful story this season. Find out which tale suits you best
- 40 **Gild those locks** This season's trendiest hair accessories are worth their weight in gold
- 42 **How to get Vanessa Hudgens' faux bob** Go short for a night, like this



## YouYouYou

- 45 **Hey, it's OK...**
- 46 **Men & health** 4 Secret things guys want from you now, and show your heart healthy love
- 48 **Travel & tech** Airline tricks to know now. Plus, the DOs and DON'Ts of wearable fashion
- 50 **Sex** Let's talk chemistry
- 52 **Etiquette & life** Got food in your teeth? Plus other socially awkward situations, solved. And, "I earn more than my partner – should I pay more rent?"

114  
THE LITTLE  
BLACK BOOK  
OF NAILS



# #FACE FORWARD

3-Step Skin Care. Try a simple routine.  
And make great skin your own.  
[clinique.co.za/faceforward](http://clinique.co.za/faceforward)

**CLINIQUE**  
Allergy Tested. 100% Fragrance Free.

# GLAMOUR 2015

# Aug

## Features

- 54 **The Gladiator** How *The Fixer* star and lead woman, Kerry Washington, has it handled (and looks amazing while doing it!)
- 58 **Sex SOS** Women reveal how they saved their sex lives
- 63 **My life in a day** Media stars share their days via Instagram
- 66 **"I'm ready to say it: I was abused"** Survivors of childhood sexual abuse share their stories
- 122 **Your 24/7 energy plan** Here's how to beat the tiredness trap

## GLAMOUR careers

- 72 **What you need to know now** Your guide to all things career
- 76 **What to wear to work** Style up for success
- 78 **How to ace your work makeup** Application tips, here
- 80 **"How I got my job"** By the GLAMOUR team

## Fashion

- 88 **On safari** The sophisticated way
- 96 **Shining star** Beautiful bling for your budget
- 102 **All dolled up** Pretty retro style

## Beauty

- 108 **Stay younger for longer**
- 112 **"Should I Botox?"**
- 114 **The little black book of nails**

## Glam living

- 118 **This season's best** Easy, delicious and low-carb meals



## Entertainment

- 15 **GLAMOURama** DOs and DON'Ts, man candy, celebs and trends
- 126 **GLAMhappening** Books, music, hot dates, events and much more!

## In every issue

- 8 **GLAMOUR confidential**
- 12 **GLAMOUR alert**
- 132 **GLAMOURscope**
- 134 **Get it guide** and comp rules
- 135 **DOs and DON'Ts** of white shirts
- 136 **GLAMOUR list** 15 Ways to exit a conversation

## Win! Win! Win!

- 36 **One of five Thomas Sabo Karma Beads bracelets** worth R10 000
- 62 **A Thierry Mugler scent** worth R1 050 when you subscribe or renew
- 121 **One of 9 TW Steel watches** worth R6 750 each

## WIN! The cover look

Get Kerry's cover look with Rimmel products worth R550! SMS 'KERRY', your name, address and email to 32697\*\*. (SMS costs R1.50. Comp closes 31 August 2015.)



**SUBSCRIBE TODAY | 6 Issues for only R109!\* Save R89.**

Call 086 010 0203 or email [subs@ramsaymedia.co.za](mailto:subs@ramsaymedia.co.za) for more information.

\*Offer closes 31 August 2015. SMSes cost R1.50 each. Free minutes, SMS bundles and Telkom Mobile SMSes do not apply. Errors will be billed. See 'The get it guide' page for terms and conditions. Please allow 4-6 weeks for delivery of first subscription copies. \*\*Comp closes 31 August 2015. SMSes cost R1.50 each. Errors will be billed. Free minutes, SMS bundles and Telkom Mobile SMSes do not apply. See 'The get it guide' page for terms and conditions.

GUESS.COM

ART DIR: PAUL MARCIANO PH: KAYT JONES

GUESS® 2015

GUESS

# GLAMOUR confidential

## Work it for Women's Month!

We're in a career frame of mind.

Given the professional goals of our GLAMOURzon readers, there's never a bad time for excellent career advice. But if ever there was an appropriate moment for ambition, it's right now: in Women's Month.

And that's why you'll find an extensive work focus in this issue, with expertise on everything from writing a wildly compelling CV to dressing for your 9-5.

It was while we were planning this very focus that the discussion turned to how our team got into the media industry, and then to GLAMOUR. Their answers, as well as their incredible attitude, provide my Women's Month inspiration, and I'm sure they'll encourage you too as you –

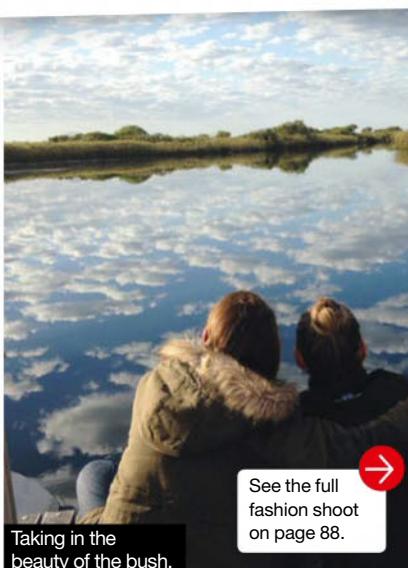
Live the life. *Fill it with GLAMOUR!*



Pnina Fenster,  
editor



Hair and makeup stylist Bernice Dodd, models Mieke Visser and Morgan Shelly and junior fashion editor Lori Herbert set off in style.



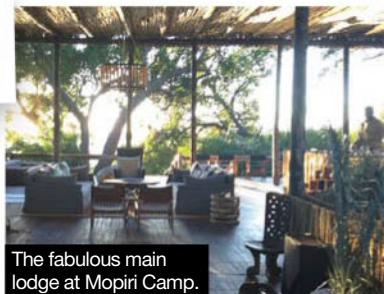
Taking in the beauty of the bush.

See the full fashion shoot on page 88. →

Behind the scenes at our Botswana shoot



Touching down in Botswana.



The fabulous main lodge at Mopiri Camp.



Morgan enjoys a barge trip along the river.



Look out for GLAMOUR Gold. This is the highest accolade we can give, and it's your instant route to the very best style or value buys of the month.



Look out for GLAMOUR Green. These eco-friendly buys help you to help Mother Earth when you go out and shop.



**SUBSCRIBE TO OUR DIGITAL EDITION**

Get GLAMOUR any time, anywhere on your iPad, tablet or on your smartphone. Download the latest issue now at [glamour.co.za/pages/subscribe](http://glamour.co.za/pages/subscribe).

ANNUAL SUBSCRIPTION R237.60 OR R24.75 PER ISSUE



*Thomas Sabo*

STERLING SILVER

GLAM & SOUL

FLAGSHIP STORE PROTEA COURT,  
SANDTON CITY. ALSO AT SELECTED  
FINE JEWELLERS AND  
EDGARS STORES NATIONWIDE.

[WWW.TREGERBRANDS.CO.ZA](http://WWW.TREGERBRANDS.CO.ZA)

TEL. +27 (0) 11 089 6000  
EMAIL: [JEWELLERY@TREGERBRANDS.CO.ZA](mailto:JEWELLERY@TREGERBRANDS.CO.ZA)

Georgia May Jagger

# GLAMOUR

Question of the month

## What was your childhood dream job?

The GLAMOUR team responds.



**Editor** Pnina Fenster

[pnina@condenast.co.za](mailto:pnina@condenast.co.za)

Dancer, acrobat, story-teller, artist... anything that involved sparkly clothes!

**Deputy Editor and Beauty Director** Michelle Brownlee Smith

[michelleb@condenast.co.za](mailto:michelleb@condenast.co.za)

In my early teens, I wanted to be a war correspondent.

**Managing Editor** Staci Lazarus

[staci@condenast.co.za](mailto:staci@condenast.co.za)

I wanted to be a Broadway star!

**Art Director** Stefania Origgi

[stefania@condenast.co.za](mailto:stefania@condenast.co.za)

I dreamt of working in the NASA control room.

**Senior Copy Editor** Karen Tennent

[karent@condenast.co.za](mailto:karent@condenast.co.za)

I wanted to be a street artist like in *Mary Poppins*, a tap dancer because I loved "clippy-clopy shoes", or an archaeologist, to feed my adventurous side.

**Senior Fashion Editor** Andrea Albertyn

[andrea@condenast.co.za](mailto:andrea@condenast.co.za)

I dreamt of being a professional tap dancer and performing with Michael Flatley!

**Junior Fashion Editor** Lori Herbert

[lori.herbert@ini.co.za](mailto:lori.herbert@ini.co.za)

I wanted to be a writer after my parents got me a typewriter for my birthday.

**Senior Designer** Gino Martini

[gino@condenast.co.za](mailto:gino@condenast.co.za)

I had a dream of becoming a famous motocross rider. FYI it never happened, which is probably a good thing.

**Junior Designer** Leanne Staebler

[leanne@condenast.co.za](mailto:leanne@condenast.co.za)

I won Western Province colours and broke records in the 100m and 150m sprints, so my dream was to become a professional athlete and compete in the Olympics.

**Features Writer** Nandi Ndlovu

[nandi@condenast.co.za](mailto:nandi@condenast.co.za)

I wanted to be a teacher. My bedroom was my classroom and my teddy bears were my students.

**Syndication and Editorial Assistant** Micarla Lucas-Kadir

[micarla@condenast.co.za](mailto:micarla@condenast.co.za)

I wanted to be an actress.

**Fashion Assistant** Mandy Nash

[mandy@condenast.co.za](mailto:mandy@condenast.co.za)

All I wanted to be was an artist, so I could play with paint all day!

**Beauty Assistant** Lesley Mathys

[lesley@condenast.co.za](mailto:lesley@condenast.co.za)

I wanted to be a flight attendant, to travel the world and get paid doing it!

**Promotions Executive** Lauren Williams

[promotions@condenast.co.za](mailto:promotions@condenast.co.za)

I wanted to be the female Donald Trump, or a teacher.

**GLAMOUR work experience** Basheerah De Villiers, Danica van der Veen, Thaabz Eniko

CONDÉ NAST INDEPENDENT MAGAZINES (PTY) LTD

**MANAGING DIRECTOR**

MICHELLE FENWICK

**Circulation/Finance Director** Madge Little

**Assistant Finance Director** Paul Myburgh

**Executive and HR Manager** Lee Clews

**Production Manager** Stefanie Wharton

**Production Co-ordinator** Geo Randall

**Production/Advertising Co-ordinator** Jean Jacobs

**Circulation Manager** Dalene Gallagher

**Circulation Admin Manager** Karen Shields

**Special Projects and Events Manager** Sarah Tuft

**Marketing Assistant** Nokwanda Mhlambo

**Promotions Designer** Kirsty Jardine

**Finance Controller** Lucia Da Aparecida

**Accounts Executives** Ann Frantz, Genevieve Johnson

**Office and Administrative Co-ordinator**

Sharon Van Schoor

**Admin Assistant** Shamiela Johnson, Nicole Hendricks

**ADVERTISING**

**Advertising Sales Directors** Kerry Costa

Lorraine Bradley (JHB), Abigail Jacobs (CT)

**Advertising Sales Manager** Jacqui Erasmus (JHB)

**Managing Sales Executive** Stacey Calitz

**Senior Advertising Liaison** Natasha O'Connor

**Sales Representative Italy**

Angelo Careddu (Oberon Media)

**GLAMOUR DIGITAL GLAMOUR.co.za**

**Director of Digital** Gillian Forbes

**Online Editor** Gina Beretta

**Online Assistant** Viné Lucas

**Digital Advertising Sales Executive** Ren Cronje

**DIRECTORS** Dr Iqbal Survé, Michelle Fenwick, Madge Little

Cherie Hendricks, Takudzwa Hove, Tony Howard

**DEPUTY CHAIRMAN** Elizabeth Rees-Jones

**CAPE TOWN HEAD OFFICE**

Condé Nast Independent Magazines (Pty) Ltd, 2nd floor, 220 on Loop, Loop Street, Cape Town, 8001

**postal address** PO Box 16414, Vlaeberg, 8018

**tel** 021 480 2300 **fax** 021 424 6222

**JOHANNESBURG OFFICE** Condé Nast Independent Magazines (Pty) Ltd, 2nd floor, The Star Building,

47 Sauer Street, Johannesburg, 2001

**postal address** PO Box 1014, Johannesburg, 2000

**tel** 011 639 7100 **fax** 011 639 7169

**SUBSCRIPTION ENQUIRIES**

**tel** 0860 100 203 **fax** 0866 704 101

**email** [subs@ramsaymedia.co.za](mailto:subs@ramsaymedia.co.za)

**REPRODUCTION** Hirt & Carter **PRINTING** CTP Gravure

**DISTRIBUTION** RNA, 12 Nobel St, Industria West, 2093;

**Product Manager** Jannie Junius **tel** 011 248 3500

©2015 Condé Nast Independent Magazines (Pty) Ltd. Copyright subsists in all work published in this magazine. Any reproduction or adaptation, in whole or in part, without the written permission of the publishers is strictly prohibited and is an act of copyright infringement which may, in certain circumstances, constitute a criminal offence.

ISSNs 1728 8770



The paper used for this publication is a recyclable and renewable product. It has been produced using wood sourced from sustainably managed forests and elemental or total chlorine-free bleached pulp. The producing mills have third-party management systems in place, applying standards such as ISO 9001 and ISO 14001. This magazine can be recycled at your local recycling point. Log on to [prasa.co.za](http://prasa.co.za) to find your nearest sites.

# INTRODUCING THE NEW WOMEN'S DENIM COLLECTION

LIVE IN **Levi's®**  
JEANS





RIMMELLONDONS  
ZA.RIMMELLONDON.COM

Contract Studio

OFFICIAL MAKE-UP PARTNER  
SA FASHION WEEK®  
THE BUSINESS OF FASHION



**SHINE  
ON!**

**NEW 60 SECONDS  
SUPER SHINE  
BY RITA ORA**

Rita wears 60 Seconds Super Shine nail polishes in Colourfest collection.

Available at selected stores

\*RECOMMENDED SELLING PRICE



**RIMMEL**  
GET THE **LONDON** LOOK

**\*R49.95**



# Free with your September issue!\*

**BODY** BY **GLAMOUR**  
Free GLAMOUR supplement  
Not for sale

**21**  
Ways to  
cheat your  
way to sexy!

**JOAN  
SMALLS  
SUPERSTAR**  
Hotter than  
hot: how  
she does it

**WHAT TO  
KNOW ABOUT  
CANCER NOW**  
Meet the pros, pioneers  
and survivors  
+ 9 Ways to  
reduce your risk

**YOUR SEXY  
BODY PLAN!**  
The latest ways  
to exercise  
How to  
supercharge  
your meals  
Shortcuts for  
a cuter butt  
+ tighter abs  
Breast confidential  
Real women  
talk reduction,  
enlargement  
& loving  
yourself

**EXTRA  
48-PAGE  
MAGAZINE!**

Joan Smalls cover photography: Patrick Demarchelier. \*Body by GLAMOUR is a free supplement exclusive to GLAMOUR readers and not for sale.

# Glamourama

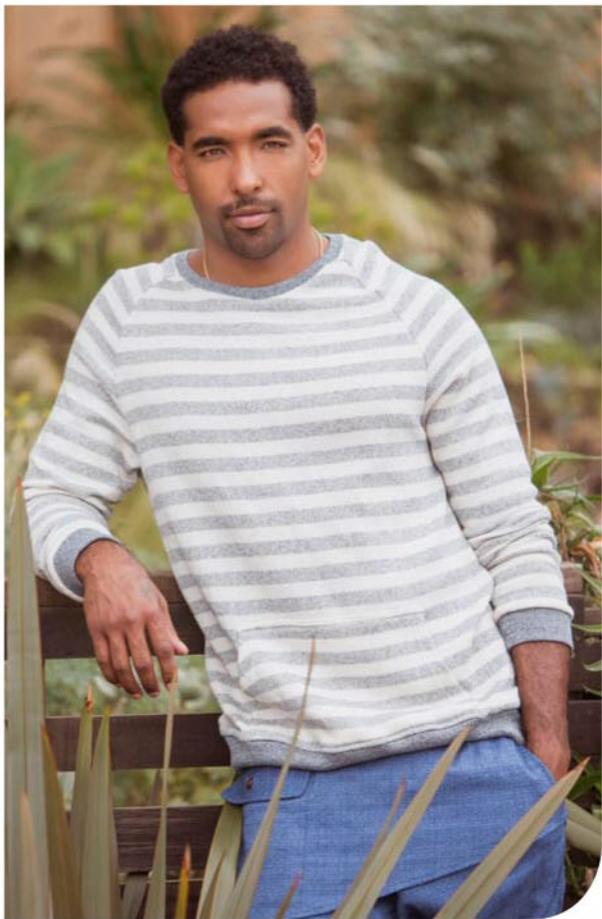
*News, views and DOs and DON'Ts*

## August's style DO

**It's all about  
Sporty Styling**

Be bold and try new ways of wearing fashion favourites. Add a wrap or print dress, like Karlie Kloss' Altuzarra gown here, to your wardrobe. Acing this trend is all about the add-ons. The easiest way to pull it off? Wear great sneakers.





### DON'T you want to meet Marlon Yates Jr?

The model-turned-star of *Straight Outta Compton*, a biopic about rap group NWA, is easy on the eye and good for the mood.

**GLAMOUR** Marlon, when did you start acting?

**MARLON** My first TV appearance was as a kid in a diamond advertisement. I've always wanted to be an actor, but my father wanted me to focus on sports until I was able to make my own decisions. When I turned 18, I finally started studying acting and I landed my first real role when I was 20.

**GLAMOUR** So, what about acting appealed to you?

**MARLON** Its ability to let you tap into a totally different world without being judged. And to be honest, I wanted people to know my name!

**GLAMOUR** How did you land the role of The DOC in *Straight Outta Compton*?

**MARLON** I originally auditioned for the part of Dr Dre, but it didn't work out – the director thought I might be a little too handsome for Dr Dre. About a month later, I got a call about the The DOC role. I did a read with the whole cast and got the part!

**GLAMOUR** What was the filming process like?

**MARLON** I had the best time of my life. There were some nights I didn't even want to sleep because I couldn't wait to get back on set.

**GLAMOUR** OK, time to spill – who's your celeb crush?

**MARLON** Jennifer Lopez, hands down. Also, don't take this the wrong way, but Mr Denzel Washington!

### DO tell! What's your favourite TV moment ever?



#### Kamini Pather, foodie

"This will totally give my age away, but I've always loved *Friends* and I still watch random old episodes every so often. My favourite moment is in season five when Ross asks Rachel and Chandler to help him move his couch up the stairs, and he keeps shouting 'pivaat' instead of 'pivot'. I laugh just thinking about it!"



#### Michelle Wastie, photographer

"I nominate the *Game of Thrones* season one scene in which Daenerys Targaryen walks into the flames of her husband's funeral pyre and hatches the three petrified dragon eggs she received as a wedding gift. The first dragons seen in centuries emerge and Daenerys becomes a claimant to the Iron Throne. Talk about girl power!"



#### Bianca Koyabe, model

"When Giuliana Rancic announced that she had breast cancer on NBC's *The Today Show* in 2011, I was moved by her courage and the global impact of her words on the lives of people who had dealt with – or are still dealing with – cancer. She became a big role model for me. Such strength and bravery!"



## DO love Donatella

With a host of A-list clients and global fans, Donatella Versace speaks fluent fashion. Her top quotes, here.

**"I'm a fashion designer and I work hard at that. People sometimes put down fashion by saying it's frivolous or superficial. It's actually very hard work."**

"When I work, I wear pants, usually because I want to be comfortable. I wear dark colours, especially in winter, because I don't want to concentrate on myself but on what I'm working on."

**"I don't believe in totally natural for women. For me, natural has something to do with vegetables."**

"I really, really love clothes."

**"The three biggest fashion mistakes are cheap suits, shoes and shirts. Spend on something good."**

**WIN!** One Versace Eros Pour Femme 50ml fragrance worth R1 080!

To enter, simply SMS 'VERSACE', your name, email and address to 32697\*. (SMS costs R1.50. Comp closes 31 Aug 2015.)



**Natasha Poly**  
in Michael Kors.

**Kate Hudson**  
in Michael Kors.

**Paris Hilton**  
in Yousef Al-Jasmi.

## DO be a shining star

Shy and understated? We don't think so, especially when it comes to these golden girls. Get inspired!



**Chanel Iman**  
in Reem Acra.

**Beyoncé**  
in Givenchy.

**Binx Walton**  
in Saint Laurent.

# Anatomy of a DO!

Supermodel Chrissy Teigen shows you how to inject some sex appeal into a sophisticated suit.

1

You may not be able to pull off a jacket as daring as Chrissy's, but the key here is using a subtle flash of skin to break up a large expanse of black. Sheer panels work, too.

2

Pay attention to your silhouette – Chrissy balances out her caped Badgley Mischka jacket with stovepipe trousers.

3

Although Chrissy eschews add-ons, jewellery is an easy way to introduce colour into a formal ensemble, like the metallic detail on her heels.

4

Add interest to your look by playing around with different textures and finishes.

5

To offset the masculine feel, makeup is a must, even if it's just in the form of a bold lip.



The DOs of tuxedos



LESLIE MANN



ANGELINA JOLIE

We DO adore a borrowed-from-the boys feel like this.



JANELLE MONÁE

We DO love that Janelle's trademark is a tux.

## DO get the popcorn ready

Series junkies, listen up! Meet your GLAMOUR TV guide to the season's hottest shows.

### ⬇ Returning shows

#### *Extant* (SEASON 2)

**Wednesdays 9pm, M-Net Edge**

When infertile astronaut Molly Woods (Halle Berry) returns home after a year-long solo mission 13 months pregnant, she looks for answers... and discovers that her time in space may affect the course of human history.

#### *Orange is The New Black* (SEASON 3)

**Wednesdays 9pm, M-Net Edge**

Piper Chapman (Taylor Schilling) is still carrying out a 15-year prison sentence for an offense she committed 10 years ago, and trials and tribulations continue to abound in the form of eccentric inmates, brutal guards and her lying convict ex-girlfriend.

#### *Ray Donovan* (SEASON 3)

**Tuesdays 9pm, M-Net Edge**

In his first lead TV role, Liev Schreiber plays Ray Donovan, a professional LA fixer who ensures that the problems of celebs, star athletes and moguls disappear. The drama unfolds when his crook father Mickey (Jon Voight) is unexpectedly released from prison.

#### *The Affair* (SEASON 2)

**Wednesdays 8pm, M-Net Edge**

Joshua Jackson, Ruth Wilson and Dominic West star in this multi award-winning extremely adult drama about the emotional, sexual and psychological effects of adultery. In a fascinating twist, the story of an affair is told from two different perspectives.



Halle Berry as  
Molly Woods  
in *Extant*.

### ⬇ Last chance to watch

#### *How to Get Away with Murder* (SEASON 1)

**Fridays 9pm, M-Net City**

When law professor Annalise Keating (Viola Davis) selects the five best students from her class 'How to get away with murder' to intern at her law firm, no one foresees the messy murder in which they become entwined.

### ⬇ What's hot now

#### *State of Affairs* (SEASON 1)

**Wednesdays 8.30pm, M-Net**

Charleston Tucker (Katherine Heigl) is a leading CIA analyst who prioritises the biggest international crises facing the US for President Constance Payton (Alfre Woodard). But politics turn personal when Charleston's fiancé, the President's own son, is murdered.

#### *The McCarthys* (SEASON 1)

**Saturdays 7pm, M-Net**

In this zany comedy about the sports-crazed McCarthy family, Ronny (Tyler Ritter) plans to leave home and find a partner. That is, until his outspoken and overbearing father Arthur (Jack McGee) asks him to be his assistant high-school basketball coach.

## DON'T be afraid of the new undershave!

It's a surprisingly versatile DO. (We promise!)



### **ScarJo's lady hawk**

You've seen this haircut on hipster dudes, but a bit longer on the top and with lipstick? It's a fully feminine DO.



### **Alicia Keys' side shave**

If you want full-on drama, keep the buzzed bits short-short and braid the long section, pinning up into a dense bun.



### **Meagan Good's crop**

Give your pixie crop an edge by keeping your hair long and sweeping in front, and shaved on the side (just not too short).

# Get glossy locks!

Shiny hair starts here! We have the best shine boosters, from Kair.



Are your locks looking lacklustre? Have heat-styling and colouring bleached out their shine? Or do you just want to treat your precious tresses? The Kair Expert range is designed to

bring brilliance back, with the help of Aquacell Moisture Complex, a unique ingredient that penetrates deeply to help lock in moisture and tackle damage. Ready for a revival? Find your favourite fix, here.



Be part of the Kair hair revolution! #Hairkair

## Choose your perfect partner

With three specially designed ranges, Kair Expert is able to provide just what your hair needs.

### Do you colour your hair?

Go for the Kair Colour Treat range.



### Do you regularly heat-style your hair?

Try the Kair Hydro Nutritive range.



### Do you want an extra shine boost?

The Kair Daily Repair range is for you.



Available at Pick n Pay stores nationwide, at R34.95 each across the entire range.

# GLAMOUR Fashion Flash



Point-toe  
flats Mimco  
at Woolworths  
R1 299

Patent flats  
Emporio Armani  
R4 995

Tasselled flats  
Rage R115

Leather flats  
Carvela at  
Spitz R2 895

Two-tone  
flats Europa  
Art Shoes  
R2 790

**Flat-tastic**  
Cute, comfy and perfect for  
the office, meet our favourite  
flats right now. See page 76 for  
more work-savvy fashion tips!

*"I can be naked as long as I'm wearing the right pair of shoes."* – Anna Dello Russo

# Wow at work!

Ace your 9-5 with these power pieces.



REED KRAKOFF

## 1 THE COLLARED SHIRT

Fresh and feminine, these go with weekday trousers and skirts, and jeans on weekends.



Collared shirt  
Karen Millen  
R2 400



Boxy shirt  
Style Republic  
at Spree.co.za  
R295



Decorative watch Daniel Klein at CJR Gift Sales R995

2

## THE POWER WATCH

Make a timely statement! This is wrist candy with a purpose.



Minimalist watch Obaku at CJR Gift Sales R1 695

Two-tone watch  
Marc by Marc Jacobs at S Keren Watch Group R3 999



GLAMOUR  
gold  
TIMELESS

Shift dress  
Mango R899



ANDREW GN

3

## THE SHIFT DRESS

Neutral numbers like these are worth their weight in gold. Just ring the changes with shoes and accessories.



Ruched dress  
Zara R859

4

## THE UPDATED WAISTCOAT

A cross between a sleeveless jacket and a long vest, this masculine piece works with skinny jeans, leggings and layers.

Long waistcoat  
Mango  
R1 599

Button-up waistcoat  
Mango  
R1 399

Fitted waistcoat  
Zara R1 399



ADAM AND EVE

6

## THE OXBLOOD SHOE

Introduce a pop of colour to an otherwise monochrome ensemble via your footwear. Our top shoe hue? Oxblood.

LAURA BIAGIOTTI

Ankle boots  
Foschini R599



Patent brogues  
Clarks R1 290



Lazer-cut boots  
Mimco at Woolworths  
R1 699



## THE BLACK BLAZER

If you're going to invest in anything for your career, make it a tailored black blazer. Trust us, you'll be pleased!

GLAMOUR  
GHD  
MUST-HAVE



Classic blazer Zara R1 599



Tuxedo blazer  
Mr Price R150



VERONIQUE BRANQUINHO

### THE PINSTRIPED PIECE

Pinstripes have been part of the corporate world for decades, and they're still perfectly in line.

Pocketed jacket Gant R4 995



Formal skort Mango R599

7

### THE STRUCTURED TOTE

Bigger is better when it comes to an office tote, as long as it's structured.



HUGO BOSS

Tasseled handbag ZOOM R599

Trapeze bag Dune London at Edgars R1 299

Mock-croc tote Ted Baker R4 000

8

### THE DESK-TO-DINNER DETAILS

You've got the look down, now add a hint of shine to take you from day to night.



Diamanté choker Mr Price R50

9

### THE DESK-TO-DINNER DETAILS

You've got the look down, now add a hint of shine to take you from day to night.

Ankle-strap heel Kurt Geiger at Spitz R2 995

Retro-feel earrings Style Republic at Spree.co.za R69

GLAMOUR  
gold  
GREAT PRICE

Shoe jewel Shoelery R420

TIP!

This shoe jewel is a simple way to upgrade your shoes. Simply clip it on and get ready to strut your stuff!



ROLAND MOURRET

## THE CLUTCH

Going for drinks after work?  
Swap your office holdall  
for a neat, textured clutch.

10



Envelope clutch  
Pierre Cardin at  
Zando.co.za R349

Mock-snakeskin  
clutch Foschini  
R320

SALVATORE FERRAGAMO



## THE MIDISKIRT

Teamed with a blouse, tank or T-shirt, this is our best skirt style right now. Go for a high-waisted version that isn't too full – you don't want to overwhelm your figure.

11

glamour  
gold  
FIGURE-FIXER



A-line  
midiskirt  
Rage  
R355

Pleated  
midiskirt  
Karen  
Millen  
R2 600

12

## THE EAR BLING

Although we adore big, bejewelled chandelier earrings for a nighttime event, it's best to keep your ear wear minimal at work. Sparkly or plain, studs are a classic choice.



Vintage-look studs Truworths  
R69 (for pack of two)

Cluster studs  
NWJ Jewellery  
R598



Knot studs  
Lily & Rose at  
Zando.co.za  
R99



Ball studs  
Mr Price R30





**Belted culottes**  
Witchery at  
Woolworths  
R1 399

13

## THE CULOTTES

They were in Stella McCartney's 2015 spring/summer collection – and for good reason. Floaty, feminine and just that bit retro, culottes are a top alternative to tapered trousers.



14

## THE WIDE-LEGGED TROUSERS

These '70s-inspired trousers provide just the right amount of drama without looking OTT. It's all about balance: pair with a fitted top and, if you're petite, heels will ensure that you don't look swamped.

**Wide-legged trousers** River Island R779



**Jersey trousers**  
Metalicus at Purr  
R1 699

15

## THE TECH COVER

Who says that practical has to be boring? Protect your precious laptop, tablet or iPad with a stylish case in luxe and durable leather.



**Portfolio bag**  
TUMI R9 499



**Fold-over iPad sleeve**  
Missibaba  
R2 750

GLAMOUR  
gold  
INVESTMENT



**Leather laptop case**  
Missibaba  
R4 900



**Mock-croc iPad cover**  
Edit at  
Spree.co.za  
R150



BARBARA BUI

TRESemme

PROFESSIONAL AT YOUR FINGERTIPS.™

REVERSES  
THE LOOK OF UP TO  
2 YEARS OF  
DAMAGE\*

NEW

## PLATINUM STRENGTH™

Salon-quality formula reinforces hair's natural protective barrier for healthy-looking hair that stands up to styling.



TRESEMME.CO.ZA



\* When using Shampoo & Conditioner as a system vs non-conditioning Shampoo

120 mL

TC1731106

FEEL SALON GORGEOUS EVERY DAY

# The man behind Louis Vuitton

Nicolas Ghesquière, the pro at the helm of fashion's most iconic luxury brand, talks LV.

**A** job vacancy at the top of one of the world's greatest luxury brands is no small thing, and speculation swept the fashion world with the 2013 announcement that Louis Vuitton was searching for a successor to the much-adored Marc Jacobs. Nor did the speculation end with the appointment of Nicolas Ghesquière. Would the former creative director of Balenciaga manage to make his own mark while simultaneously retaining the brand's vaunted values? And what mark would it be?

The answer was soon revealed: all of Vuitton's artful luxury would surely be retained, but it would come in the form of a cool, new silhouette, and the nonchalant ease of the modern It-girl. Now, firmly ensconced in the Vuitton firmament, the style superstar talks modes and modernity.

**You've been at LV for almost two years. Does the new environment increase the pressure at all?**

"It's never changed my own work, but there is a kind of perfection when accomplishing every product that I wasn't aware of. Every prototype,

whether add-ons, *prêt-à-porter* [ready to wear] or jewellery, has a high-end level. There's also great calm because the knowledge there is so extensive. I'm learning from the pros – and I like it."

**You've followed your own path and been called a 'genius child'. Were you scared by the position?**

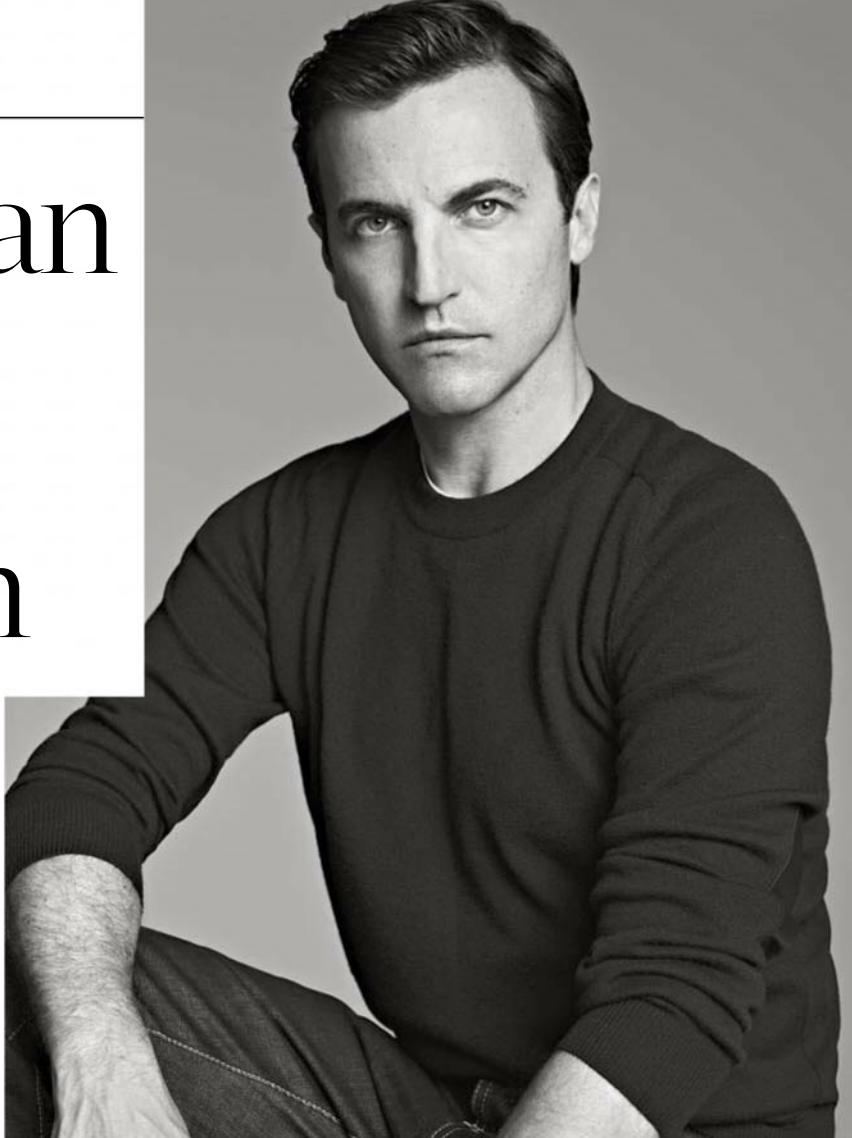
"You have to constantly challenge yourself in the fashion game, but I'm not scared any more. I was earlier, but now I'm more relaxed. I'm surrounded by people I trust, and I wasn't nervous as much as impatient to make and show my collection, and to experience the reaction. The direction in which Louis Vuitton is leading me is honest and serious, so I was confident. I feel good, and they look after that here, too."

**What's changed since you worked in Jean Paul Gaultier's atelier in the '90s – in the 'heart of a nuclear reactor', as you once famously put it?**

"I think that we're experiencing a pop moment in fashion, as well as in art. Many people love fashion today; they want to join in, to belong, and we should embrace that and attempt to make something of it."

**Did you have a strategy going into LV, or did you just make a start, trusting that it would turn out all right in the end?**

"I had a vision, not really a strategy. I didn't want to make a trendy fashion collection. I wanted to get deep into the wardrobes of lots of different women."



---

**What do you mean by getting deep into women's wardrobes?**

"I mean that I focus on appreciating the creation and craftsmanship of clothing, as opposed to how on-trend it is. So I concentrate on that and I also like introducing new ideas. There's still an elite way of thinking in the fashion world, but I'm confident that a new approach will continue to grow."

**So, LV isn't just about making statement handbags?**

"Oh no. It's about the fashion silhouette, for everything, including the bags. But I don't feel compromised by the fact that handbags play an important role. I integrated handbags into my work very early on, and it's becoming the quintessential aspect."

When you were at Balenciaga, you refused to open a Madison Avenue boutique in Manhattan, instead converting warehouses into stores. Do you see your role at LV as further increasing a general appreciation for fashion?

"It seems that everything that I've done has been in preparation for Louis Vuitton. My voice is now louder and reaches more people. Although my background is one of 'fashion laboratories', it's precisely that which people find interesting, too."

**When LV offered you the job, did you say yes immediately?**

"Louis Vuitton and I have had a connection for a long time and we had spoken about projects previously, but it wasn't the right time, or the right project. With the success of Marc Jacobs' own business though, the perfect conditions were there. That's why it feels good; now, it's great timing for everyone."

**Finally, how do you view LV as a brand?**

"Louis Vuitton is an ocean, a beautiful ocean, on which I feel serene. Things are done properly and are always well organised in all departments. And that allows me to be a hardliner." 



**Petite Malle Handbag**  
Louis Vuitton R47 700



# 5 Ways to wear the trends now

**BY ANN-SOFIE JOHANSSON**

H&M, one of the world's most loved Swedish brands, is famed for its great clothes at great prices. And it's coming to SA in late spring. H&M creative advisor, Ann-Sofie Johansson, talks new trends.

### 1 Look to the '70s for colour inspiration

Winter's top colour trends are burgundy, rust red, pumpkin, dark green, camel, grey melange, black, ivory, gold, bronze and silver. If you're looking for shades that will carry you through winter and into spring, go for blue and green, especially in prints, and white, which looks great on items like flared trousers.

### 2 Choose your shoes to match your mood

Sneakers make a big fashion statement this season, but make sure they're clean and look good. Sliders are great for relaxed days, and heeled sandals with socks are still big news. And invest in moon boots for next winter – they're a futuristic buy that will still be on trend.

### 3 Layer your textures

Fabric plays an important role in creating your look. The best fabrics for winter are wool, lurex, nylon, leather, suede, faux fur and silk. In spring, look for lighter fabrics like cotton, linen, silk and denim. Contrast textures to look fashion forward: pair matte fabrics like suede with sequins, or faux fur with silk.



### 4 Create a silhouette with luxe layers

Either go fitted with lurex, or loose, with softer fabrics. This season, trousers are straight legged or flared; dresses are long and layered over matching trousers; and floaty silk blouses are being worn over polo-neck knits.



H&M STUDIO AUTUMN/WINTER 2015

### 5 Add key items to your wardrobe

Going into spring, make sure that you have slouchy pyjama-style trousers in your wardrobe, along with some kaftans and long dresses. Denims will always be a fashion must-have: update yours by choosing a new silhouette or a different finish. And coats will always be a good investment – look for quality.



For more information, visit [hm.com](http://hm.com).



INNOVATION

# Even & Matte

Discover your ideal complexion.  
Visibly even and shine-free skin.



PURE LEMON ESSENCE  
MATTIFYING INGREDIENTS

95% of South African women  
are convinced.\*

**GARNIER**

\*n=450 Black females who use complexion creams; living in the major metro areas in South Africa; aged 18-45 y.o.; and falling into LSM 5-10.

# YOUR BEST LEATHER JACKET

A little bit biker, a whole lot sexy, we've got the hottest jackets to suit your shape!

## Pear

"I've never had an issue with any particular part of my body, but I do have a distinct way of dressing and I tend to go for colourful garments, which makes finding an investment black, leather jacket a real struggle for me.

"Not any more, though! My hunt is finally over, thanks to this round-collared, cropped style. It's fresh, edgy and it highlights, rather than conceals, my curves. I also like the slightly masculine feel, which works perfectly with these stylish sneakers.

"Paired with a figure-hugging dress, this ensemble is a winner! I look powerful and I feel ready to conquer anything."

— SIKI MSUSENI, 24, BLOGGER



**Quilt-detail jacket**  
Donna Claire R829



**SIKI WEARS**  
**Leather jacket**  
GUESS R1 399;  
**dress** Cotton On  
R249; **rings** Colette  
by Colette Hayman  
R100 (for pack of  
seven); **sneakers**  
Queue Shoes R349



A peplum jacket is perfect for curvy shapes.

**JANNA WEARS**  
Leather jacket  
Topshop R1 099;  
dress Banana  
Republic at Stuttafords  
R2 000; boots Call  
It Spring R549

## Curvy

"I adore jackets, as I'm self-conscious about my arms and prefer not to show them off, but I struggle to find a cut that works over my large bust.

"That's where this peplum design comes in. I would never usually go for this sort of silhouette, but I see now that the fit really suits me – the slight flare skims over my hips, and the lapels balance out the proportions of my chest.

"It also works really well with the flattering A-line of the dress, which is a figure-fix all on its own – how tiny does my waist look? Throw in a pair of killer heels and I feel feminine and gorgeous!"

– **JANNA MAE RUBIN, 22, STUDENT**



Peplum jacket  
Zara R859



Faux-fur-collar  
jacket Zara R1 199

## Petite

"When I first saw this cropped jacket and graphic maxiskirt combination, I thought, 'No way am I wearing that! The horizontal stripes will only make my big hips look bigger.' But boy, was I proven wrong.

"The stripes are narrow and the cut slims out my silhouette and makes me look taller, which I love! (And that's even without sexy stilettos.) The jacket hits at just the right spot on my hips, and the faux-fur collar balances out my fuller bottom half. I feel comfortable and really confident!"

– **SAFIYAH CASSIM KHAN, 24,  
MAKEUP ARTIST**



Balance out  
wider hips with  
a loose-fit jacket  
and fun details.

**SAFIYAH WEARS**  
Faux-fur-collar leather  
jacket Zara R1 199;  
jersey Minkpink at  
Stuttafords R620; skirt  
Factorie R199; heels  
Steve Madden R1 499

# shop za.

White-hot buys to  
love right now!

## STIRRING STYLE

This spoon holder by **Ceramic Factory** (R149) is one of a kind. Visit [ceramicfactory.co.za](http://ceramicfactory.co.za).

## SHAKE IT UP!

Geometry rules with a pyramid salt and pepper shaker set by **Maiden Name** at **Stable** (R90). Visit [stable.org.za](http://stable.org.za).

## IN THE BAG

Good for work, a lunch date or a weekend away, this crossbody bag by **Jinger Jack** (R1 490) is a great piece. Visit [jingerjack.co.za](http://jingerjack.co.za).

## HOT HEAD

Bring the bush into your home the ethical way with this cardboard Kudu trophy by **Head on Design** at **Kin** (R880). Visit [kinshop.co.za](http://kinshop.co.za).

## OUR CUP OF TEA

**Mervyn Gers** crafts beautiful ceramic homeware. Enjoy your cuppa in this cup and saucer set (R239). Visit [mervyngers.com](http://mervyngers.com).

## FREE AS A BIRD

Sweet and simple, spruce up your outfit with this porcelain necklace by **Sarah Walters** at **Kin** (R276). Visit [kinshop.co.za](http://kinshop.co.za).

## SOFT TOUCH

Adorn your couch or bed with this patterned cushion by **Zana** (R310). Visit [zanaproducts.co.za](http://zanaproducts.co.za).

RUBICON



## LAY BACK

Who wouldn't love to end a long day by sinking into this Mr Grey Easy Chair at **Leon at CCXIX** (R7 175)? Visit [leonat219.com](http://leonat219.com).

The hope  
he sees me  
resolution  
jean.



GAP

Dress Normal.

**win!** Thomas Sabo bracelets



# WIN!

## One of 5 Thomas Sabo Karma Beads bracelets worth R10 000!\*

**O**f everything that we put on our bodies, jewellery above all has the power to express our most personal side and to reflect our sense of style. So what better prize for this month than something of the sparkling variety? And who better to turn to than Thomas Sabo, an internationally loved brand that's driven by a passion for fashion and an ongoing dedication to personal expression? Especially when that means the prize of a sterling silver Thomas Sabo Karma Beads bracelet worth R10 000!

TO ENTER  
SMS 'KARMA BEADS',  
your name, address  
and email to 32697\*.  
(SMS costs R1.50.  
Comp closes  
31 Aug 2015.)

Based on traditional charms, the Karma Beads collection consists of 72 pieces to be worn in the combination you love best on any Thomas Sabo Karma Beads bracelet, necklace or ring. From the urban feel of 'Glam' Karma Beads to the subtle Asian flair of 'Rebel' Karma beads, you can customise your Thomas Sabo Karma Beads bracelet for your outfit or mood.

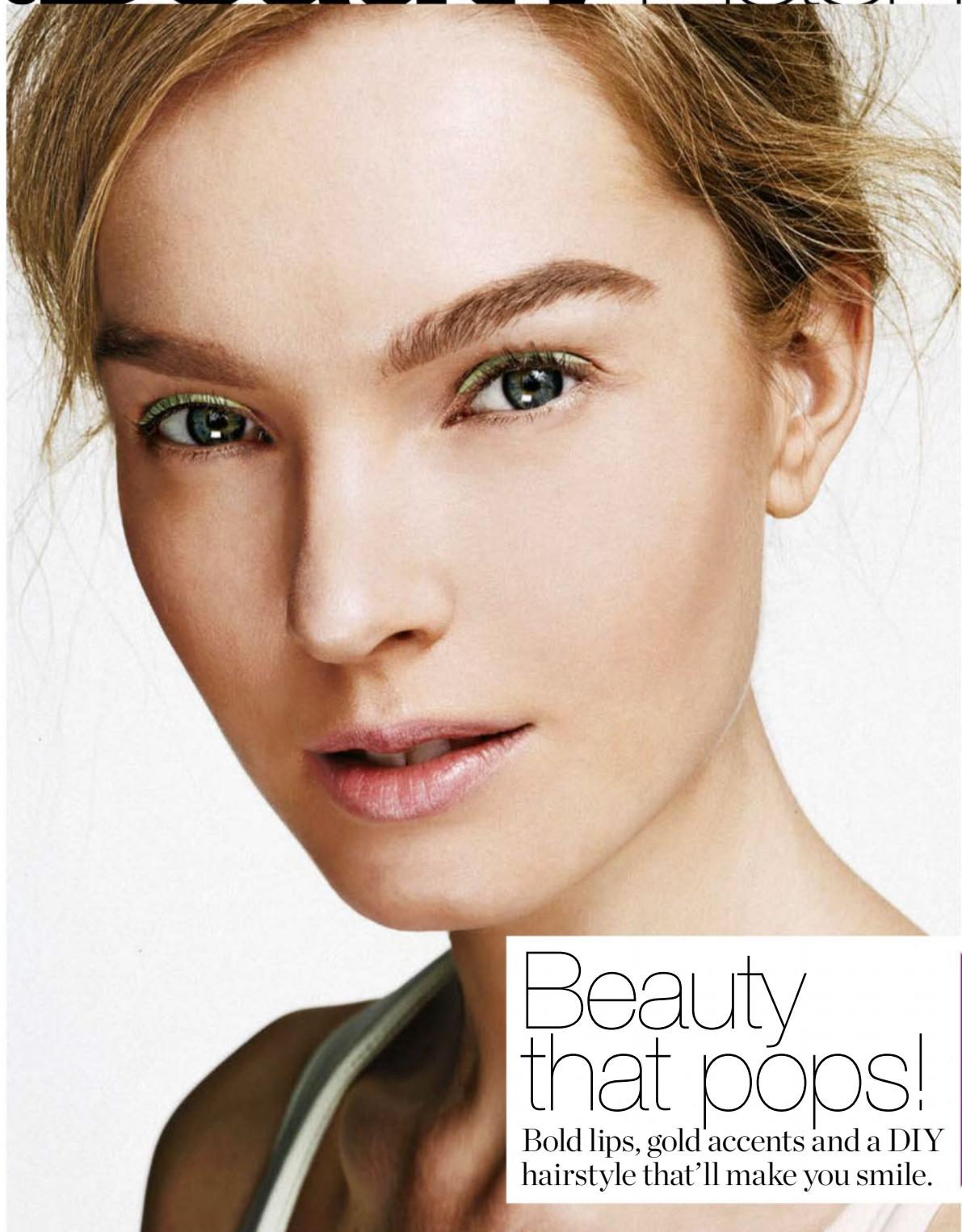
So, what are you waiting for? SMS today and you could win one of five Karma Beads bracelets worth R10 000 courtesy of Thomas Sabo and GLAMOUR!

**i** Find out who won this competition on [GLAMOUR.co.za](http://GLAMOUR.co.za) next month!

\*Comp closes 31 August 2015. SMSes cost R1.50 each. Errors will be billed. Free minutes, SMS bundles and Telkom Mobile SMSes do not apply. See 'the get it guide' page for terms and conditions. Prize will vary to that pictured.

GLAMOUR

# Beauty Flash



Photography: Taea Thale; Styling: Dania Ortiz; Hair and makeup: Alexa Rodulfo; Model: Anastasija Kondatrejva at Wilhelmmina

## Beauty that pops!

Bold lips, gold accents and a DIY hairstyle that'll make you smile.

*"Being jealous of a beautiful woman is not going to make you more beautiful." – Zsa Zsa Gabor*

# Matte or sheer?

Lips tell a beautiful story this season, but which tale suits you best?



## GOING MATTE

If you're looking for a lip partner that's going to stay put and give an intense colour pay-off, try this.

"New formulations mean that matte lipsticks are now more moisturising, making them more comfortable to wear," says Elizabeth Arden's senior makeup artist Lucoh Mhlongo.

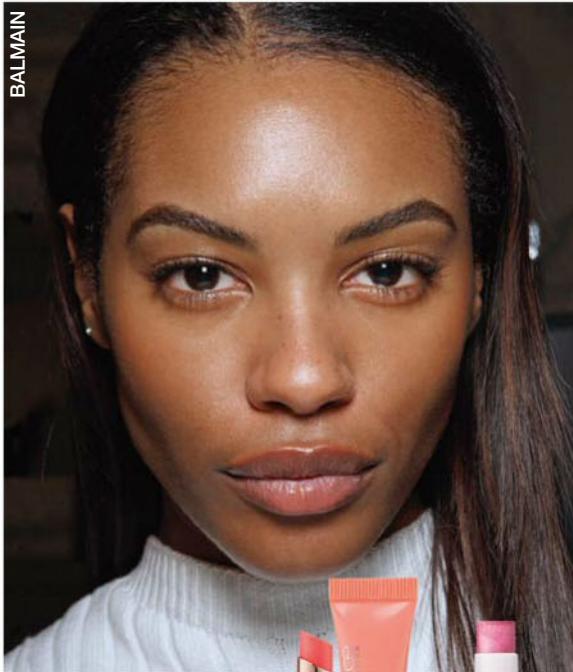
## APPLICATION TIP

"For the most precise look, use a lip brush. It helps to control the intensity of the colour on your lips and gives a perfect finish," says Lucoh.



### Our best matte lipsticks

- [1] Elizabeth Arden Beautiful Color Moisturizing Lipstick in Matte Raspberry R220
- [2] NYX Matte Lipstick in Indie Flick R110.95
- [3] Maybelline New York Bold Matte by Colorsensational in Mat 5 R119.95
- [4] Smashbox Be Legendary Lipstick in Magenta Matte R240
- [5] Revlon Colorburst Matte Balm in Standout 250 R130



## GOING SHEER

If dry, chapped lips are ruining your look, consider a tinted lip balm that contains colour pigment. These balms smooth out your lips, give a hydration boost and add a pop of colour. The effect is light and shimmery, but you'll need to reapply regularly.

## APPLICATION TIP

A tinted lip balm is the most foolproof lip colour you can apply. Because it's first and foremost a lip moisturiser, the hint of colour is simply a bonus. Perfect for winter!



### Our favourite tinted balms

- [1] Clarins Instant Light Lip Balm Perfector in 03 R250
- [2] Catrice Beautifying Lip Smoother R61.95
- [3] Lip Ice in Strawberry Sorbet R19.99
- [4] Softlips Tinted Lip Conditioner in Rose R26.75
- [5] Maybelline New York Baby Lips Dr Rescue in Soothing Sorbet R34.95

## IS YOUR UNDERTONE WARM OR COOL?

Stumped? Lucoh explains why it's worth knowing what your skin's undertone is, and how to determine it: "Look at the veins on the inner part of your wrists. If they're blue,

then you have a cool undertone. If they appear more green, your undertone is warm." Now, when shopping for a new lip shade, choose a colour that has blue (cool) or orange (warm) tones to suit your complexion perfectly. Easy as pie!

# OLAPLEX®

INSURANCE FOR YOUR HAIR

REPAIR

PROTECT

**GO BLONDER • GO BOLDER**  
WITHOUT DAMAGE OR BREAKAGE,  
MAKE YOUR COLOUR LAST LONGER.

Get bolder and brighter colours from your next salon service – without the worry or the risk of doing any damage to your hair.

Olaplex is a revolutionary new product that allows you to go bright, go bold, and have the hair you've always dreamed of. As chemical processes break down the bonds that are essential for healthy hair, Olaplex steps in to repair them before any damage is done.

Ask your salon about the Olaplex treatment so that you can repair and protect your hair while discovering a whole new world of colour and style possibilities.

DISCOVER

ONLY  
AVAILABLE  
AT YOUR  
SALON



# Gild those locks

The trendiest new hair accessories are worth their weight in gold.



LUPITA NYONG'O

Designers and celebrities are enjoying the fresh look that a strip of gold adds to hair, and clips and combs are earning almost as much attention as high-slit dresses. When your hair is long and thick (but not too thick), gold clips and bands are easy. And when it's not? Hairstylist Mark Townsend explains how to make gold barrettes, clips and bands work with different hair textures and lengths.

## If your hair's... short

### Go Hollywood

Celebs Lupita Nyong'o, Emma Watson and Jennifer Lawrence are masters of the hair accessory. Adopt their approach and secure your style with a thin gold clip or a decorative barrette positioned above the arch of your brow. "Clip it about 2cm back from the hairline," advises Mark.

### Get backup

Use a small, flat hair doughnut. It's designed to add bulk to long hair in a half-up style, and it's also ideal for a short-hair updo. Simply pull your ponytail through the doughnut's hole, roll the hair up to the base, and fold the flexible ends into a bun. Then slide in a gold clip alongside the bun to finish.

### Don't hold back

Short hair can actually handle a big hair accessory, and combs with tiny teeth are great for holding back a sideswept fringe.

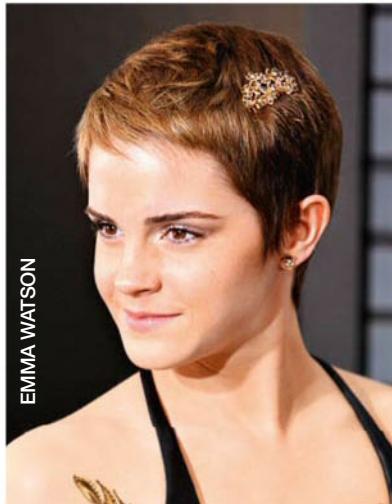
## If your hair's... fine

### Give it some grip

"Dry shampoo is essential if you want a heavy gold accessory to stay put," says Mark. Simply flip your head upside down and spray from at least 15cm away. Then mist flexible-hold hairspray on a paddle brush and gently run it over your hair.



SALMA HAYEK



EMMA WATSON



BLAKE LIVELY

### Enlist help

Hair accessories need support in fine hair or they slide right out. Secure your ponytail with a hair elastic, then fasten a gold cuff over that. If heavier pieces won't stay put, secure with two gold bobby pins in an X just above one ear.

### Bulk up your bun

A full chignon balances out a gold comb or clip better than a tiny bun does. To double the size of an updo, coat your hair with dry shampoo and brush it, then braid it low and messily. Pull the braid apart with your fingers. After twisting into a bun and securing with pins, slide a comb or clip into the base.

## If your hair's... curly and thick

### Show it off

To make sure the accessory doesn't get lost in masses of hair, place the ponytail or high bun off to one side. Mark's trick is to keep the sides close to the head and "to get that bun as big as I can".

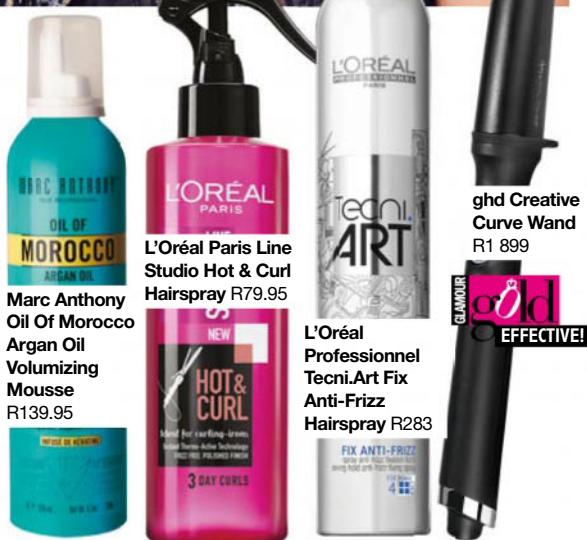
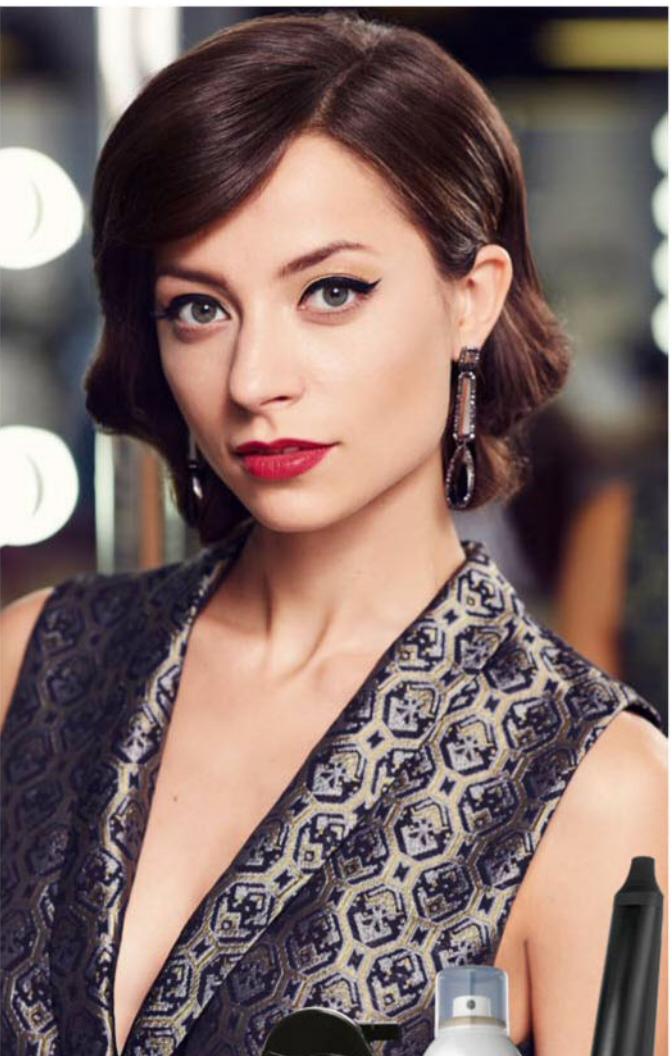
### Add a comb

Vintage gold combs are gorgeous. "But most have smooth, wide teeth, so you need bobby pins to keep them in," reveals Mark. "If you have thick hair, the teeth will grasp all the layers, and curls help create hold," he adds.

### Or try a pin

Textured hair may spit out tiny bobby pins, but it gives you the power to use a single U-shaped metal pin to create a sexy updo that won't budge. Look for a pin that's at least 10cm long. 





# How to get Vanessa's faux bob



Want to go short – for a night? Suzanne Troost from Terenzo International for L'Oréal Professionnel shows you how.



1 Apply a volumising mousse to clean, damp hair for an extra boost. Then work in a heat protectant before dividing your hair into four equal sections.



2 Wrap 4cm-wide sections of hair around the curling iron, away from your face. Twist your hair as you do this for a tighter curl. Hold in the iron for at least five seconds.



3 Do all the sections until your hair is completely curled. Spritz with an anti-frizz hairspray to help your hair keep the beautiful wave.



4 Use clips to secure the face-framing waves while gently combing the curls at the back, working from the ends upwards.



5 Remove the clips and gently pull the hair back into a soft, loose plait. Tilt the plait upwards and twist into a romantic bun shape, tucking the lengths underneath. Allow your hair to fall loosely over your ears for the illusion of a shorter length. Spritz with hairspray.



Lipidol is a range of six new oils for daily skincare. Featured product: Lipidol Overnight Face Oil 50ml. Supplements the skin's natural oily layer stripped away by daily exposure to the elements. Available at selected Clicks stores at the recommended retail price of R79.95. [lipidol.com](http://lipidol.com)



Dream Nails  
Beauty.

# NEW!

## Polish Pro Collections

- Light-cured soak-off gel formula that applies like nail polish
- Lasts up to two weeks
- Chip Proof
- Smudge Proof
- Crack Proof



### Polish Pro Spring Bloom Collection



Bedfordview 011 615 2826 • Bloemfontein 051 444 3972 • Blouberg Sands 021 554 3199 • Campus Square 011 482 5289 • Cape Gate 021 982 1526  
Cavendish Glen 011 972 1052 • Cavendish Square 021 683 7616 • Centurion Mall 012 663 8470 • Clearwater Mall 011 475 8395 • Cresta 011 678 5877  
East Rand Mall 011 823 1015 • Eastgate 011 616 5026 • Epsom Downs 011 463 6337 • Forest Hill 012 668 1134 • Fourways Mall 011 465 5519  
Gateway 031 566 5874 • Helderberg 021 851 2251 • Highveld 013 697 1284 • Hout Bay 021 791 0194 • Jubilee Mall 012 727 1446 • Kenilworth 021 674 7921  
La Lucia Mall 031 562 0671 • Lakeside Mall 011 427 1720 • Lonehill 011 465 6050 • Mooriver Mall 018 294 8457 • N1 City 021 595 2603 • Northgate 011 794 6393  
Parow 021 930 1148 • Rosebank Mall 011 447 8402 • Stoneridge 011 452 9548 • Tableview 021 557 7733 • The Glen 011 435 9230 • Tygervalley 021 914 8585

# You You You

*Your happiness prescription*

## Hey, it's OK...

... If, when you shave, you miss that one tiny patch on the side of your knee. Every. Single. Time.

... To celebrate your friendship anniversaries. Being pals for 10 years is definitely worth toasting.

... To run away screaming from the conference room when someone says, "Now, I've prepared a PowerPoint presentation..." (If only).

... If your browser autofills [asos.com](http://asos.com) as soon as you type an 'a' into the search bar.

... If you don't want to get married one day. Forget the rules and live life your way!



... To be a little dubious about a friend's wedding gift list. Since when does the Microwave Queen need a pestle and mortar?

... To invent a reason to go out tonight since you finally nailed the perfect cat-eye flick. The world needs to see it!

... To completely appreciate the health benefits of kale, but draw the line at kale ice lollies.

... To avoid holding a colleague's new baby when she visits the office because you're scared you'll 'break it'.

**Um, not OK...**  
... To say you'll be there for supper, but arrive at 10pm without SMSing.





MEN

## 4 Secret things guys want from you now

For one, they dig ambition. Here's what else is new, according to our GLAMOUR Man.

I used to have a test for girls I dated: it was a deal breaker if she didn't like my best movie and couldn't give a good reason why. I was young and dumb, but most guys have tests, too.

### 1 Ambition

My friend Hank\* met an illustrator on Tinder. Initially, he was smitten, but on date three she said she'd been called about a top job – but she'd dropped the ball and not followed up. Sad, but OK.

But every date thereafter she spoke of some other ball dropped. It turned him off so much that he stopped seeing her. It isn't that Hank needs a CEO, but like many men, he's looking for a woman with goals and the guts to pursue them.

### 2 A bit of home pride

I went on a date with a designer who was ridiculously stylish. We went back to her house, and it looked like a res room: junky furniture, dishes in the sink, dirty bathroom. She didn't take pride in her home, and men like to see that you think you're worth investing in.

### 3 Wittiness

"Cute, but boring" is how my friend David described an ex. Why boring? "She wasn't funny," he said, "I like to laugh." Years ago, men wanted women to have 'a sense of humour' – meaning, to laugh at all of their jokes. That's still true, but now, thanks to Twitter, everybody's witty (or trying to be); there are more comedienne; and gross jokes aren't just for guys. And 'being funny' tells us a lot: if you're funny, you're probably smart and confident, too.

### 4 Autonomy

Humorist Jonathan Ames wrote, "I want a woman who can save her own life." Most men don't want to have to save you – it's much more appealing if you're capable and independent.

"My boyfriend loves that I have a life outside his," says my friend Janie. "I have girl dates while he sits home and watches series." Men don't want to be your *raison d'être* – it's too much pressure! We want a woman with her own life – one that we can learn from.

## HEALTH

### Show your heart some healthy love

Heart disease kills more women than cancer. But these indulgences can keep yours beating strong.

#### Give in to your sweet tooth

People who eat chocolate (the dark, raw kind) five or more times a week have a 57% lower risk of developing heart disease than those who don't indulge, a study found. What's more, it may also improve blood pressure.

#### Have more sex

Research shows that sex reduces cortisol levels. "This is key because chronically elevated cortisol raises blood pressure and destroys arterial lining," explains Dr Jennifer Mieres of the American Heart Association.

#### Enjoy an omelette

Sure, eggs contain cholesterol, but the amount is negligible and eating them won't push your levels over the limit. Plus, egg yolks are loaded with protein, vitamin B12 and folate.

#### Go with the flow

Yoga helps your nervous system deal with stress. In one study from India, prehypertensives (people with slightly elevated blood pressure) who did yoga and enrolled in a behavioural-modification programme lowered their blood pressure levels more than those who only changed their habits.

#### Sweat, then sip

Czech researchers found that people who exercised regularly and drank wine modestly saw a drop in 'bad' low-density lipoprotein cholesterol and a rise in 'good' high-density lipoprotein levels. So don't skip the gym for happy hour – hit both!



# POND'S

Unlock your inner glow.  
Get Even Skin Tone. Radiance in just 7 days.

That's the POND'S promise.

**INSIDE:**

GenActiv™ works deep\*  
to help reduce marks  
and dark circles.



**OUTSIDE:**

- Even skin tone
- Fade dark marks
- Fade dark circles

**INNER GLOW**

\*Within the stratum corneum



A FACE CARE BREAKTHROUGH BY THE POND'S INSTITUTE | PONDS.CO.ZA

# Airline tricks to know now

(You didn't hear them from us!)

**W**aiting at airports can really take the joy out of flying if you don't have Zen-like patience. We've got tips on upgrading your experience.

## You wish **For short queues at security**

**We dish** Simply adding up the numbers of people in each line won't cut it – it's who's there, not how many. "The fastest queue has solo travellers, airport employees and business people," reveals Liz Falconer of British airline Monarch Airlines.

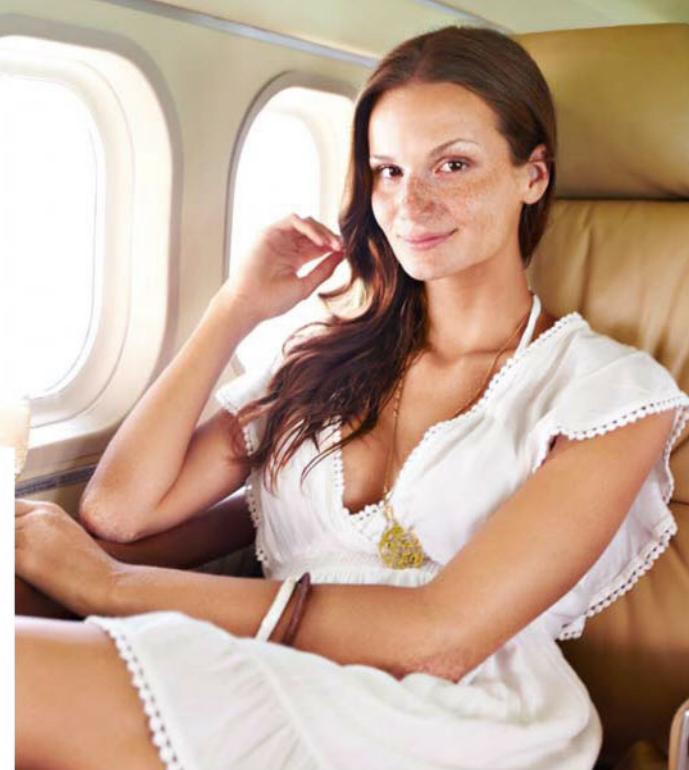
Look for an even balance of sexes in the line, too. There's usually one male and one female security officer through the security gate, so a bottleneck will develop if, say, five women in a row need to be searched. Airport security race, won!

## You wish **You could board a lot faster**

**We dish** Departures can be dull: checking in online helps, but using an airline's app is quicker. For example, the SAA mobile app (available on iPhone and Android) lets passengers view booking information, check in for a flight, see the status of their luggage and more (just make sure your phone is charged).

## You wish **Your meal arrived first**

**We dish** "Any pre-booked special meal gets served first," explains Katherine Clark, regional business development director for TripAdvisor Flights. "On long-haul flights, this isn't limited to vegetarian or religious requirements; some airlines offer low-fat, low-salt or gluten-free meals."



## You wish **For a free flight upgrade**

**We dish** Forget dressing up or pretending it's your honeymoon, cabin crew are wise to it. "Customers with airline loyalty cards now top the list – the more points, the more preferential your treatment," explains Cassie Houghton of Cardiff Airport.

And if an airline asks if you can take a later flight, do it. You may be rewarded with a flight upgrade or cash.

## You wish **To get into a fancy lounge**

**We dish** "Many airports now let economy passengers use lounges for a day rate of R200-R400," says Alison Couper, former director of global communications at hotels.com. Some banks also offer access to lounges, with holders of the Absa Platinum Credit Card, Standard Bank Diners Club Card and FNB Private Wealth Credit Card receiving special benefits.

## **TECH** The DOs & DON'Ts of wearable fashion

The Apple Watch lets you talk, SMS and tweet – get the etiquette straight.

**DO** stain protect! "The popularity of the Apple Watch will have huge repercussions, especially at parties. We're going to see lots of people obsessively checking it and, as a result, dumping their cocktail on the carpet." – **Simon Doonan, creative ambassador for Barneys New York**

**"DON'T** arrive fashionably late. It will always be a faux pas. There are still

no excuses... even for an 'uncharged Apple Watch!' – **Amber Venz Box, co-founder of LIKEtoKNOW.it**

**"DO** master the arm drop – as in, the motion that dismisses whatever notification just pinged you. Looking at your watch has always been, and now forever will be, a signal that you're ready to bail on a boring conversation." – **Laura June, tech reporter**

**"DO** use in moderation. The people who will win the future are the people who can shut out distractions, who can come up with their own ideas." – **Arianna Huffington, president and editor of The Huffington Post**

**"DON'T** take calls on your wrist in public." – **Wilson Rothman, personal tech editor at The Wall Street Journal**



INTRODUCING NEW  
IMARI  
*elixir*

For the woman who  
knows what she wants



Unleash your deepest desires with the intoxicating  
scent of juicy **blackberry**, sensual **rose absolute**  
and opulent pure **vanilla extract**.

04686/E2/GL

AVON you make it BEAUTIFUL



SEX

## Let's talk chemistry

So, the sex was bad? An awkward first time doesn't have to be a deal breaker. Here's what to do next.

The first kiss was great, but then you had sex and there wasn't a spark. All is not lost. Of course chemistry is important, but you don't always have that insight into what you both like on the first try – the second time is more telling. "You learn from the test run and let your guard down more," reveals psychologist Susan Quilliam.

So, before you write him off, see how you can ramp things up for round two.

### IF THERE WASN'T ANY TANTALISING FOREPLAY

"Put sex on pause (for now) and spend some time in the sensory department together before having sex again," says Rebecca Reid, editor of sex magazine *AFT Magazine* (About FCKING Time).

"Make out like teenagers, stroke his inner thigh when you're out, or grind against each other on the couch – but don't let it go further," Rebecca suggests. It will show him the importance of touch, and will create an agonising build-up until you simply can't hold out any longer.

### IF YOU COMPARED HIM TO YOUR EX-BOYFRIEND

"You may think that your ex was in tune with your erotic desires, but you could be viewing the past through rose-tinted sex specs," says Alix Fox, Durex RealFeel sexpert. "We often recall the A+ encounters and forget when it was more C-, usually at the start of a relationship."

Give the newbie a chance to catch up! "Create an atmosphere that doesn't remind you of the past; buy some new bedding or cook a dish you've never tried before," Alix advises. Remember, there's more than one type of 'good' sex, so explore his body. Areas that left your ex cold may be hotspots for this one.

### IF HE WAS, WELL, AVERAGE

How do you tell a guy he was just, well, a bit bad? "You don't," says sex therapist Andy Gibney. "You tell or show him what you like; it's actually a huge turn on for men, and great sex is all about communication. Guide his hands and his head, and make the appropriate noises if he does something you like."

If you find it difficult to say what gets you going, masturbate in front of him. "It shows you're trusting him with your most intimate act. And that trust is inherently sexy," adds Rebecca.

### IF IT WAS JUST TOO VANILLA

Don't panic about this too soon – the first time isn't the place for blindfolds, wheelbarrow positions or sexy talk.

"If Christian Grey had opened his colossal kink cupboard to Anastasia Steele on their first night together, *Fifty Shades of Grey* may have been renamed *Fifty Shades of Running For The Hills!*" says Alix. Test the water ahead of your next rendezvous to see if it is indeed just tepid, or has the potential to heat up.

"Send him a sexy SMS hinting at what you might like to try with him next, and gauge how he responds," Alix advises.

### IF HIS EQUIPMENT DIDN'T WORK

This doesn't mean that you're sexually incompatible – men get nervous, too. "If his erection droops at the height of passion, go to the bathroom, grab a drink or suggest a snack," says Andy. "Just breaking his train of thought can kick everything back into action."

When you do start over, don't make it hard for him. "If using your mouth or hand doesn't work, he'll be much more embarrassed, and you'll feel less desirable," explains celeb therapist Marisa Peer. "Instead, encourage him to please you through touch or oral sex first. It takes the pressure off and he's more likely to get aroused," she adds.



• Photography by Merwelen van der merwe • Shoes EuropaArt • Jewellery Ruby in the Dust •



# PALLU

NOW IN ROSEBANK

PETA EGGIERTH-SYMES

SHOP NO. GF14 ROSEBANK THE ZONE NEXT TO NINO'S

TEL: 011-447 6366



ETIQUETTE

## Got food in your teeth?

Plus other socially awkward situations we've solved, thanks to modern manners expert William Hanson.

### 1 Arriving for dinner

"Being too punctual for a dinner party is rude. It's polite to give the hostess 10 minutes to collect herself, but never be more than 20 minutes late. If you are, you must call, not SMS, to explain."

### 2 Hoarding drinks at house parties

"As a student, you may have clung to your bottle of vodka, but as adults, everyone should bring something to share. Don't be the person who only brings cheap wine, then tucks into the fancy gin."

### 3 Replying to a wedding invite

"Never ever RSVP via Facebook. If they spent money on invitations, fill in and post back the RSVP card. And email RSVPs are also a no-no."

### 4 Writing emails

"Always err on the side of formality in emails. With greetings and sign-offs, it's safer to use 'Dear' and 'Kind regards' with someone you don't know, and then you can slip down the scale from there. You can 'formal down', but you can't 'formal up'."

### 5 Eating food on public transport

"The only acceptable food? Triple X Mints."

#### Awks! What to do...

#### ... If someone has food in their teeth

"Tell them discreetly so that they can go to the bathroom and fix it. If someone across the table has food around their mouth, make eye contact and subtly dab your own mouth with your napkin."

#### ... If a word gets mispronounced

"Don't draw attention to it. Just say the word correctly yourself and the person will pick up on it. The only exception is your name, in which case you must correct them."

#### Table manners: 3 rules to live by

#### Put your phone away

"Unless it's a life-or-death situation, nothing's so urgent that it can't wait."

#### Always hold your glass by the stem

"Be it a champagne flute or a wine glass – the only exception is if you're trying to warm up a glass of too-cold red wine."

#### Never hold your knife like a pen

"You have far too little control and that's when you have a potato flying off your dinner plate!"

LIFE

## Our coach is right here!

Life coach Kirsten Long advises on love, work and more.

**Q** "I earn more than my partner and we're moving in together. Should I pay more rent and do I have more of a say over the household spend?"

Consider this: if your partner was earning more than you, what would you expect from him or her? It's crucial that you discuss your ideas and expectations around money, and how you see your joint financial future.

Talk about your wage discrepancies to avoid any underlying pressure or resentment. A fair approach to take can be to divvy up contributions to expenses based on an equal percentage of each partner's salary. And open a joint bank account.

Have a monthly money meeting in which you plan and budget. Create some common and individual financial goals, set up an emergency fund to cover unexpected costs and be honest about your financial situation. It's also essential to agree on how the finances and assets will be split if the relationship ends, so take note of that.

By agreeing on a fixed system of managing finances and attending to finances monthly, you will both grow in knowledge and will be able to create a solid financial foundation for your relationship to flourish.

## Ask us

Have a question you'd like answered?

Email our GLAMOUR coach at [glamcoach@condenast.co.za](mailto:glamcoach@condenast.co.za).

Kirsten Long is a life coach for Coach 4 Life. Follow our GLAM coach on Twitter – @Coach4LifeKL – and view her useful eBook, *Magic Motivation* (R100), at [coach4life.co.za/magicmotivation.html](http://coach4life.co.za/magicmotivation.html).



# Softer, smoother skin after just one shower.



With our most effective skin-natural nourishment, feel the difference it makes to your skin. To learn about our breakthrough formula, visit Dove.com



# The Gladiator

Looking for a compulsive TV drama, a mesmerising leading woman and a wardrobe to die for? *The Fixer* star Kerry Washington has it handled.

**F**or someone who gives up acting “at least” once a year, Kerry Washington is doing OK. “When I read *Ray* for the first time, I had just quit. When I read *The Last King of Scotland*, I had just quit,” she recalls with a laugh. “I hadn’t quite quit when I read *The Fixer* (aired as *Scandal* outside SA; catch it Fridays on M-Net at 4pm), but I was feeling really unfulfilled as an actress,” Kerry says.

Happily for us, the power of a good script always tempts her back to acting, which is how she ended up stepping into the shoes of Olivia Pope back in 2012. If you’re aware of the soapy, shouty Washington DC-set drama, you’re almost certainly a fan, and that is primarily Kerry’s doing.

As a crisis manager with the White House’s great and good on her speed dial, Olivia specialises in solving (or burying) the sort of career-ruining shenanigans that super-injunctions were invented for – all while strutting around in the outfits of your dreams.

It’s a gruelling production schedule, often shooting 14-hour days, Monday to Friday, for around 10 months a year. The shoot for our portrait photograph (right) took place on a Saturday, and we interrupted Kerry’s weekend off, but you’d never have known it.

Kerry had drawn together a group of her favourite women (her mother, her

16-month-old daughter, Isabelle, and her hair and makeup squad, who are also good friends) and made a day of it.

## Gladiator in a suit

Post-shoot, Kerry swaps the Fendi feathered dress for her beloved yoga trousers, and explained that she nearly didn’t audition for *The Fixer* at all.

“I wasn’t really looking to do a TV project because it takes up so much of the year. Then I read the script and it was one of the best things I’d ever read,” Kerry explains. “I really loved

To watch is to be obsessed, and the fact that the cast live-tweet along with the show just adds to the fun. Kerry takes obvious delight in their fans’ analysis of the love triangles (are you Team Fitz or Team Jake?), and even the show’s peculiar brand of fast-talking has its very own hashtag.

And Kerry’s thrilled that the show has found such a strong international audience. “I remember [the producers] felt nervous about how it was going to do overseas, because political shows don’t always do so well. But it’s not

**“[THE FIXER] IS NOT JUST ABOUT POLITICS. IT’S ABOUT REALLY FLAWED, IMPERFECT, THREE-DIMENSIONAL PEOPLE.”**

the character from that moment. I love that who she is privately and who she is publicly are vastly different,” she adds.

For those uninitiated in *The Fixer*, one of the reasons why Olivia is such a compelling character is that she’s a self-described ‘gladiator in a suit’ at work – remaining cool in any crisis (including murderous senators, election rigging and secret government agencies that carry out dubious acts in the name of ‘international security’) – but outside it, she’s harbouring the biggest secret of all: a tempestuous affair with the (married) president.

just about politics. It’s about really flawed, imperfect, three-dimensional people. I love that these characters are resonating across borders,” she says.

## Immaculate style

One thing that resonates is Kerry’s on-screen style. Sumptuous Salvatore Ferragamo coats, nipped-in Dior jackets, Max Mara skirt suits, Escada dresses, Donna Karan loungewear... the list goes on. Olivia’s wardrobe is sleek, tailored and very expensive, and Kerry worked closely with costume designer Lyn Paolo to get it right. ▶

A full-page photograph of actress Kerry Washington. She is leaning against a white wooden chair, her body angled away from the viewer. She is wearing a black, strapless, feathered dress that is ruffled at the waist and has a large, voluminous black feathered skirt. She is wearing black, shiny, knee-high boots. Her left hand is resting against her head, and her right hand is resting on her knee. She is looking directly at the camera with a slight smile.

“I HAVE TO MAKE  
SURE THAT I DON’T  
SILENCE MYSELF  
ABOUT THE THINGS  
THAT I BELIEVE IN.”



In Prada at the Met Ball in May.



In David Koma at the UK GLAMOUR Women of the Year Awards in June.



In Miu Miu at the Academy Awards in February.



In Oscar de la Renta at the Baby2Baby Gala last year.



In Mary Katrantzou at the Golden Globes in January.



In Adam Lippes at the SNL 40th Anniversary Celebration in February.

Lyn explains, "This is a person who really understands the power of image, and the power of making an impression on people. I knew I wanted her to have an impeccable style – a style that was really different from the Washington norm, the stereotypical women power-dressing to look like men."

## Dressing the part

From season one onwards, scores of women tweeted Kerry to show off their own Olivia-inspired looks. "[They'd say] 'I have a presentation at work' or 'I'm going to meet my boyfriend's parents' and they would send pictures, dressed in white pants or black blouses. So we started to think that while there are women who can afford to shop where Olivia does, there are other women – like me – who can't," she says.

For this reason, Kerry and Lyn masterminded the Scandal Collection, a versatile and affordable Olivia Pope-inspired clothing line for US fashion retailer The Limited.

"We felt like every woman should be able to feel empowered and to power-dress in her femininity," Kerry explains. "That was part of developing the line, so that women of different socio-economic backgrounds could have access to this aesthetic."

## Speaking out

The daughter of a property broker and a professor, Kerry, 38, grew up in the Bronx, New York in a socially conscious, politically aware family.

Long an advocate of the Obama administration (she campaigned during both of his presidential runs), Kerry made a rousing speech at the 2012 Democratic National Convention, pledging her support. It won her thunderous applause on the night,

she credits her upbringing with giving her the impetus to speak out.

"It's important to my parents, so this is who I would be, regardless of fame. I have to make sure that I don't silence myself about the things that I believe in, because sometimes the fear creeps in of what if fewer people watch the show, or fewer people hire me because I express my politics? For me, the commitment is to never be quiet just because I'm in the public eye," she says.

**"WE FELT LIKE EVERY WOMAN SHOULD BE ABLE TO FEEL EMPOWERED AND TO POWER-DRESS IN HER FEMININITY."**

but served as an education in the downside of social media when she was inundated with abuse on Twitter.

"It taught me how to block people, and that you can have 2 million followers and there'll still be thousands of people who hate you," Kerry reveals.

More recently, she made a moving speech at the GLAAD (Gay & Lesbian Alliance Against Defamation) Awards, calling for minority groups to stand together in the fight for equality. Her political life is important to her and

## Just a regular woman

Being in the limelight is one quality that Kerry shares with her high-powered alter ego. But as a very occasional drinker, she doesn't share Olivia's fondness for red wine. (FYI, those giant glasses she slugs from? They sold out in stores across the US after appearing on the show.) "I'd be under the table in a minute compared to her," laughs Kerry. "But I would say that my love of popcorn definitely rivals hers." ☀



## "It's handled"

The famous line from Kerry Washington's strong character, Olivia Pope, on *The Fixer* isn't the only one that we're keeping. Here are plenty more memorable, fun and inspiring quotes from the actress herself.

"As a young girl, my real dream was to be the woman in the shows at SeaWorld [theme park]."

"Every actor you work with has a different method, same with the director. You have to figure out what your shared language is and how to best support each other, and also to take care of yourself."

"I grew up in New York, so I fell in love with acting on a stage, not in front of a camera."

"I don't read my reviews. I try not to get involved in all that stuff because what's important to me is the work, and however the work lives in the world is out of my control."

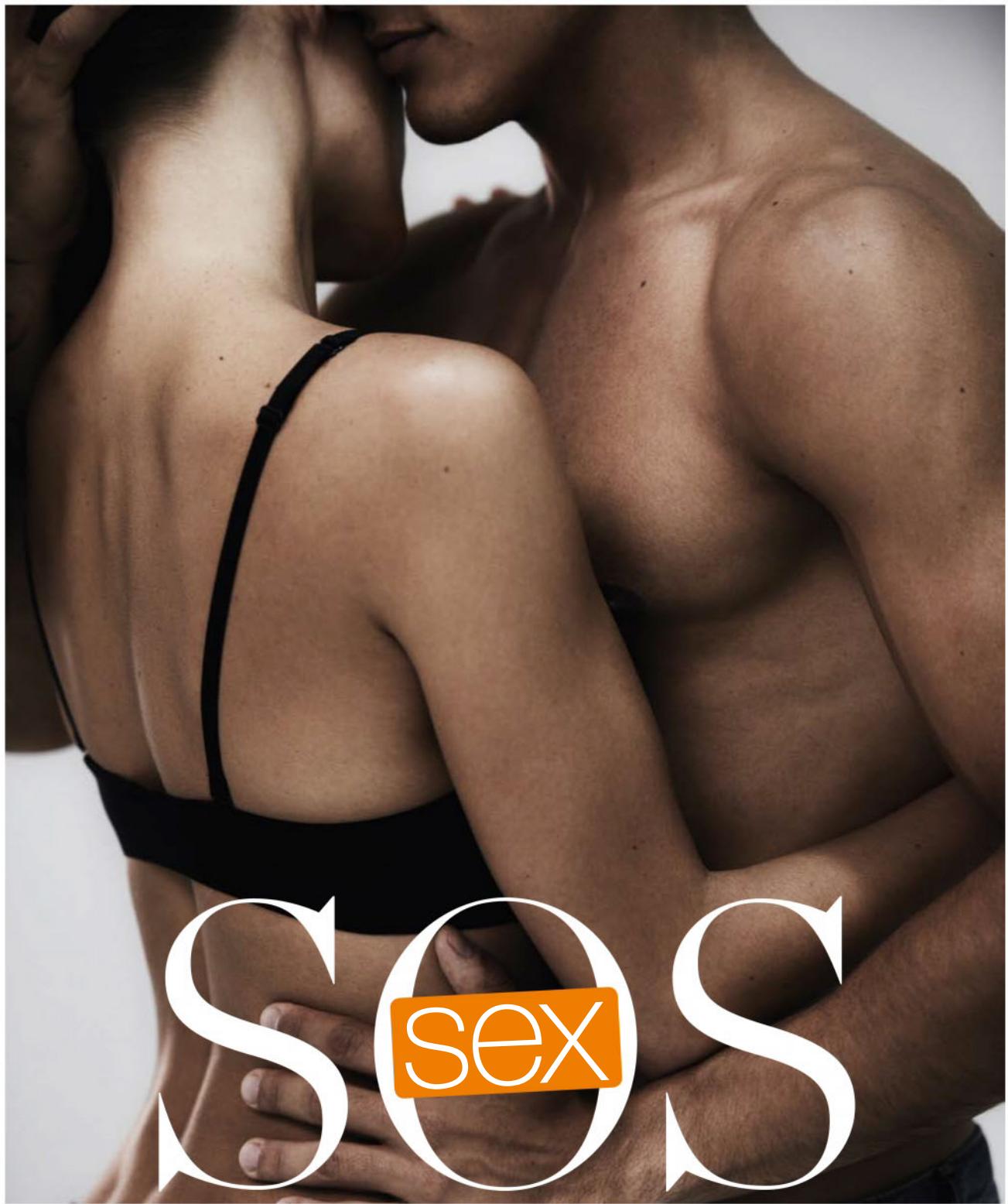
"I really love research. It's one of the things that I love most about my job. I feel like it's me in the lab cooking up the character."

"I always prided myself on the fact that I could live out of milk crates

forever. It was kind of my way of detaching from materialism."

"You really can see the transformation that the arts have on young people. It changes their lives for the better."

"Today there are people trying to take away rights that our mothers and grandmothers fought for: our right to choose, equal pay, access to healthcare, affordable quality education. We can't let that happen."



# SOS sex

When your sexual confidence stalls, it's often for emotional reasons. Here, three women reveal the deep-seated fears that were holding them back – and how they saved their sex lives.

Dancing naked around the homemade Aphrodite altar in my bedroom (or a small table, to anyone else), I saw my reflection and stopped, embarrassed. "What are you doing?" I asked myself. Well, I was trying to connect with 'the Goddess within', to 'awaken and understand my sexuality'.

I've been obsessed with sexuality for as long as I can remember, always searching for the piece of advice or earth-shattering

truth that will turn me into someone sexually secure, fulfilled and, well, sexy. It's born from a deep belief that I'm not good enough; that I could or should be better. I'm not the only one struggling with sexual concerns, though. Statistics show that 67% of women believe ourselves to be substandard lovers. So, I've decided to try and uncover what causes some women to lose their sexual self-esteem – and how they regained it.

## "Sex made me panic"

I felt enormous relief when I learnt that the anxiety and fear I felt was not abnormal.

I was 21 when I decided to 'get it out of the way' with someone I didn't know. Terrified and unsure, I thought, 'At least it's done and I can feel normal.'

"The idea of sex filled me with panic. Sex was for women who looked like models, with the prowess of porn stars, and that wasn't me. The notion scared me so much that I made excuses to put it off, and any sex I did have was so anxiety-ridden that we stopped before anything really started.

"For a while, I thought I might be asexual. I did lots of reading online, and then I found an article about sexual performance anxiety.

on overcoming it, including communicating with my partner, becoming intimate in other ways (like massage), and meditations in which I picture myself enjoying sex.

"I started seeing someone and finally confessed my anxieties. I expected him to leave, but instead he was understanding and reassuring – he even made a joke of it. We created a game of purposefully being as bad at sex as possible to take the pressure off. He would growl and jostle me around as I played an unenthusiastic escort who was bored by the whole affair. It made us laugh and relax, and slowly my confidence grew.

## "If sex goes wrong, it's not the end of the relationship."

I cried with relief as I read the symptoms: paralysing fear that you won't perform well, belief that you won't satisfy your partner, anxiety about not enjoying the act.

"Finally, I had a name for what I felt and advice

"We've been together for a year now. I still sometimes overthink what I'm doing, but I'm learning that if sex goes wrong or isn't very good, it's not the end of the world, or the relationship."

– **Laura, 25**

## "I didn't want sex – I needed it"

Being on my own has helped me to regain my sense of self-worth, and ask for sex from desire.

With drawers full of racy lingerie and sex toys, and a willingness to try almost anything, I thought I was every man's dream. Yet my relationship was failing.

my guy asked, as I begged for a quickie. No, I realised. I didn't want sex. I needed it.

"We broke up and, after a month of being single, I had only masturbated four times. Instead of feeling

## "I realised that I equated sex with security, and I punished or rewarded him."

"I tried to save it: I'd wake him up with a blow job, send sexy SMSes and greet him wearing only a suspender belt when he arrived home.

"But none of that worked. Any sex we did have was tense and resulting from an argument. I said he didn't seem interested in me sexually, while his arguments echoed those of all the men I'd dated – he felt pressured into sex and guilty if he didn't want it. I became insecure and before long, it was over.

"In my next relationship, the same issues surfaced. 'Do you actually want sex now? Are you even horny?'

unfulfilled, I felt incredibly calm and free from the constant pressure to tend to someone else's desires, before he even knew them.

"Dreading the thought of another failed relationship, I turned to therapy. At first I felt embarrassed, but the cognitive behavioural therapist asked all the questions: 'What does it mean if he has sex with you?' (That we are happy, stable.) 'What will happen if he doesn't?' (He'll leave or get it somewhere else.)

"I realised that I equated sex with security. I felt betrayed if a boyfriend masturbated. I punished ▶

or rewarded him depending on the sex. And if I wasn't having it, I felt abandoned.

"But abandonment was exactly what was happening as a result of my behaviour. Every time a relationship ended, I'd convince myself that if I'd somehow been more sexually adventurous, it would have worked.

"I'm still in therapy and single, and I feel happier and more in control of my life. Alone I can focus on myself, regain self-worth and learn that what's in my pants is just a part of who I am. In my next relationship, I want to make sure that I ask for sex through desire, not fear."  
- Alex, 29

## "Finally – an orgasm"

Practising tantra showed me that my pleasure is important, and I have the power to ask for it.

**A**fter 20 minutes of giving my boyfriend a blow job, my jaw aching and arm throbbing from pumping, I looked at him – his head was tilted back, his eyes clenched and legs tensed in order to speed things up.

atmosphere was relaxed and friendly as the teacher explained the principles of tantra: consciousness, balance, vulnerability, non-judgement – a celebration of love and each other.

"She described the pitfalls of modern sex and I realised

"I'd built up so many layers of shame, I didn't believe I was worthy of sexual pleasure."

This was how it always was with us, and I felt further from him than ever before.

"He may as well be having sex with a hole in the wall," I thought, and in truth, I wish he were. At 27, I had never had an orgasm. And I didn't believe I ever would.

"One night, after a few drinks, I confessed this to a friend. 'Have you heard of tantra?' she asked. She invited me to join 'just one class'. And before I lost all hope of a fulfilling sex life, I was willing to give it a go.

"I expected a room full of perverts, but instead there were young and old couples, singles and groups of girls just like me, and the

that I was victim to them all: sex in the same positions, goal-orientated sex, not being open with my partner, and harbouring feelings of sexual shame and guilt.

"In our culture, female sexuality is shamed and I had internalised that. If a woman has lots of sex or wears revealing clothing, she is judged. Periods are seen as disgusting and breasts and vaginas should be improved with plastic surgery. I'd built up so many layers of shame, that I didn't believe I was worthy of sexual pleasure.

"In class, we did exercises in which we touched each other in non-sexual ways,

saying 'yes', 'no' or 'please' (which meant I liked being touched there and wanted more). Once I believed my pleasure was important and that I had the power to ask, instruct and decline, every aspect of my life improved.

"Before tantra I was a people pleaser, especially in the bedroom. Now I take responsibility for myself and know that others are responsible for themselves.

"My boyfriend soon noticed as I became more confident, directing him and asking him for what I wanted – a skill that finally

led to my first orgasm. It was an incredible experience!

"In fact, my boyfriend was so inspired that he began attending tantra classes with me, too. Now when we have sex, we don't rush, our eyes are open and we feel closer than ever."

- Rebecca, 33

### TALK TO AN EXPERT

Struggling with your sex life? For help and more information, visit [dreve.co.za](http://dreve.co.za). To find a sex therapist near you, visit [therapistdirectory.co.za](http://therapistdirectory.co.za).



# GLAMOUR

# digital edition

Instant access and great savings!



**Download GLAMOUR wherever you are!**

Receive a **full year subscription** for only R237.60 or a single issue for R24.75.

Download **NOW** by visiting

**glamour.co.za/subscribe-glamour**

Available on these digital platforms



# Subscribe or renew for only R238\*

**SAVE R158!** PLUS receive one of 58 Thierry Mugler Alien EDP fragrances worth R1 050 each\*\*.



**H**ave your GLAMOUR and win with it too courtesy of Thierry Mugler! Subscribe or renew for just R238 and you could receive a Thierry Mugler Alien EDP fragrance worth R1 050! Distinctive and mysterious with top notes of amber and cashmeran wood, this rich, jasmine-imbued scent is guaranteed to leave a lasting impression on all you meet. SMS today to win!

## CALL 086 010 0203

\*\*First 58 subscribers will receive the gift. Gift offer open to SA residents only.



## ORDER NOW HERE'S HOW!

**\* PHONE 086 010 0203**

**\* FAX 086 670 4101** Have your credit card ready for debit-order or credit card payments

**\* DEBIT ORDER 086 010 0203**

**\* DIRECT DEPOSIT** Ramsay Media, Nedbank:  
A/C: 1232073059; B/C 123209

**\* EMAIL** [subs@ramsaymedia.co.za](mailto:subs@ramsaymedia.co.za)

**\* WEB** [magsathome.co.za](http://magsathome.co.za)

**\* SMS** 'GLAMAUG' to 32697\*

SMS costs R1.50. This offer is valid for subscription orders received by 31 August 2015. SMS lines close 31 August 2015. Gift subscription cannot be cancelled until annual contract has expired. To ensure uninterrupted service, automatic renewal will apply unless requested not to do so. Current renewal discounted rates will apply. By providing contact details, you are giving GLAMOUR permission to communicate with you via these channels, unless you end your correspondence with 'NO' to opt out.

Kendall Jenner cover photography: Patrick Demarchelier. Offer closes 31 August 2015. SMSes cost R1.50 each. Free minutes, SMS bundles and Telkom Mobile SMSes do not apply. Errors will be billed. See 'The Get it guide' page for terms and conditions. Please allow 4-6 weeks for first subscription copies.

# My life in a day

Go behind the scenes as three media personalities record their routines.



## 7am

I'm supposed to be at the studio in Joburg in half an hour, and I still need to leave Pretoria. Even my baby Zara is a bit scared of how fast I'm running!

## 7.20am

Stuck in traffic! At least I have my morning tea. Contrary to popular belief, a woman can survive without a cup of coffee.



## Kriya Gangiah

Presenter, radio host and businesswoman, Kriya Gangiah goes for it in the City of Gold.

Kriya Gangiah lives in Pretoria, and shuttles between there and Joburg, all while juggling three jobs – two of which place her in the spotlight. A presenter on the showbiz website ZAlebs (zalebs.com) by day and co-host on Jacaranda FM's The Lounge show by night, she also works as a consultant and IT auditor at Deloitte & Touche SA. And you can add model, actress and MC to her lengthy CV, too!

## 8am

The best thing about shooting first thing in the morning is that I get my makeup done for the rest of the day. But I carry the essentials with me, just in case.



## 8.10am

Oh dear, a bit late! I jump straight into shooting for ZAlebs. Watch this space for SA news and entertainment.



## 2pm

Grinding it out in my corporate job – IT auditing really gets me feeling funky!

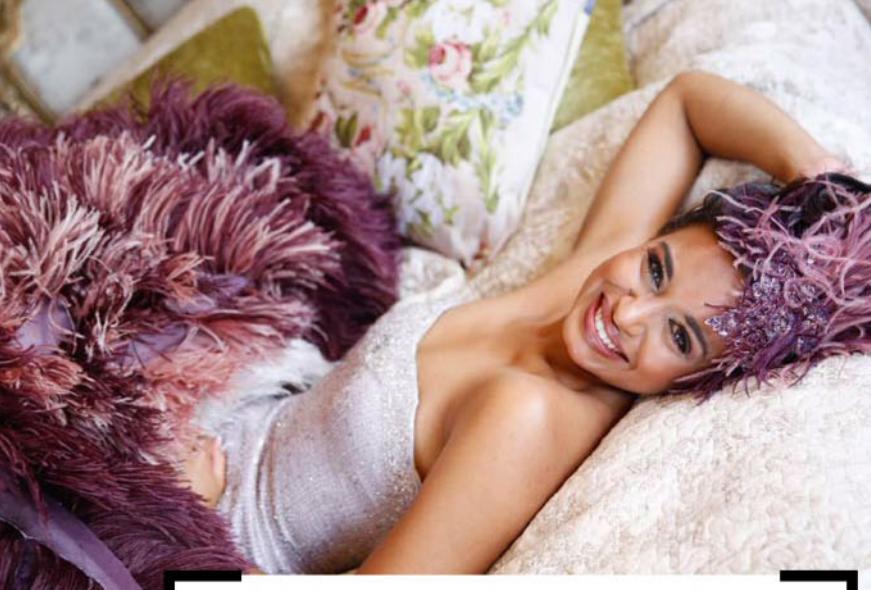


**6.20pm** I'm covering the release of a new movie with my ZAlebs family. Filming at live events is always fun and we often get up to nonsense.



## 7pm

At my third job of the day – hosting The Lounge on Jacaranda FM. I'm psyched to end my day here. I'm crazy about what I do, so it never feels like hard work! ►



## Tracey Lange

TV presenter on Bravo! and Heart 104.9 FM host, Tracey Lange cosies up to Cape Town.

**A**fter being on radio for seven years, Tracey presents *9-12 with Tracey* with the natural flair of a pro. She's a self-proclaimed people lover and, as an MC and Bronx Woman and Miglio Designer Jewellery ambassador, this charisma comes in handy.



**5.20am** I start my day on my laptop, posting on Facebook. Then I get to my emails, ensuring that the biggest chunk of my admin is out of the way.



**9am** Live on air with my lifestyle show! I ease listeners into their mornings with music for the first hour, and then I get chatting with guests. I love it! While I'm on air, stylist Kyra Loubser arrives to do my hair and makeup for a Bravo! shoot.



**8am** As soon as I arrive at the Heart 104.9 FM studios, I chat to my producer Grant Jansen about the guest I've lined up for the show and the topics we'll cover. Then I relax with a chococcino (I like hot chocolate) in preparation for the show.

**1pm** It's call time on location at Danielle Margaux fashion house in Stellenbosch. We're chatting matric dance dresses, complete with a model to show off the outfits!



**6pm** Here I am, heading to our next location, the Lanzerac Hotel & Spa in Stellenbosch. This is where we'll film the links that tell you what's coming up next on the show. And I just had to take a selfie with cameraman Fuad Casker and sound engineer Ruan Pienaar!



**6.30pm** At the Lanzerac Hotel & Spa, Kyra darkens my daytime makeup for an evening look. She can change my hair and makeup as many as three times in one day for the numerous shoots and events at which I MC.



**7.30pm** Lights, camera, action! Director Bianca Bothma and I have chatted about what she wants, and the crew are set so that things run smoothly. If we're lucky, we'll wrap up at 10pm and head home.



## Zaba Simbine

East Coast Radio's Zaba Simbine heats up Durban.

**M**other to 13-week-old Reign Nirvana, Zaba cut her teeth at East Coast Radio, starting off as a trainee jockey and co-host on The Drive before hosting her own show. She's also the Durban presenter for *Hectic Nine-9* and a popular MC. Zaba is a fitness fanatic and lover of all things pretty (think hair weaves, shoes and makeup). She recently branched out into business, founding a company that focuses on ethnic haircare.



**5am** I'm up and out of bed at 4.30am to shower and get dressed. Then I bathe, dress and feed Reign Nirvana, before heading for the East Coast Radio studios.



**9am** I'm on air from 9am to midday every Monday to Friday for *The Zaba Show*, and I absolutely love it. The studio is always a hive of activity, with colleagues popping in to say hi, show guests to chat to or the music pumping full blast.



**1pm** I have an MTV press conference today, so I dash there from the studio to walk the red carpet and mingle.

**3.30pm** Time for a fitting at my favourite designers Zarth. I'll wear this dress for an MC gig at a big function. It makes me feel like royalty.



**4.30pm** I see my hairstylist Amanda Msani at least three times a week. I adore experimenting with colour, and she dyes my hair with semi-permanent shades like pink, so it needs frequent touch-ups.



**5.30pm** I'm still working on losing the weight I gained during pregnancy, so I joined CrossFit Fetish and go at least three times a week. I enjoy the camaraderie as well as the intense workouts – and I leave with a real sense of accomplishment.



**8pm** What a busy day! I'm finally home and, after I've bathed and played with Reign, I can put my feet up. And what better way to sit back and relax than with a GLAMOUR! 

# “I’m ready to say it: I was abused”

Listen in as six survivors of child sexual abuse share their heroic tales of healing, getting justice and finding peace.

## “I confronted my abuser – and then I forgave him”

“I grew up in a small city, and my parents seemed normal. My father was a teacher and my mother was a secretary. But I always knew that we were different to other families. My dad sat me on his lap when he read sex magazines, and walked around in front of me naked.

“At first, when he’d come into my bedroom after I was asleep – I’d smell the alcohol on his breath – he’d lie on me and put his fingers inside me. And at some point between when I was seven and 10 (that’s how much I blocked it out), it was his penis.

“I can’t remember how many times my father raped me. I turned to food and immersed myself in schoolwork – all the way through medical school. I became an emergency room physician because being the calm person in the middle of chaos felt so familiar to me.

“I was getting a facial three years ago when the therapist put a cloth over my face – the same way my father used to smother me with a teddy bear.

(‘Just lie quietly,’ he’d say, before raping me.) I jumped up, paid and ran to my car. I sat there alone, crying and yelling what I hadn’t yelled when I was nine: ‘Help me!'

“That same year, I talked to a psychiatrist about whether I should report my father. He wasn’t around children any more; he was 65. I decided to think about it for a week.

“Almost a week later, my father was hit by a car. I flew home and walked into his intensive care room, asking to be alone with him. Bending over him, I said I remembered everything, and that for him to do something that terrible to me, something terrible must have happened to him. I told him that I wished somebody had loved him when he was little, and that I forgave him.

“Minutes later, my father stopped breathing. And I just knew that he was waiting to hear those words from me.”

– Jennifer Hanes, 39,  
physician and mother



## “He should have been looking after me, but he got what he deserved”

“When, at age 15, I found my rapist – a man who lived in our building – lying half off his bed, dead, I was very upset. I was upset because I had wanted to kill him myself.

“His name was Jason\*, and he was like an uncle figure – a caregiver to my brother and me. My parents are Russian immigrants and religious Jews who worked so hard when we were growing up. Jason lived on the ground floor of our apartment building, and I would go there after school and do my homework at his dining room table.

“When I told my parents, my father – an Old World Russian father – did something he’d never done before. He hit me. It was partly the fear that I’d be unmarriageable, and maybe he felt he hadn’t protected me.

“To keep up appearances (and denial) and because my parents are traditional (and, in their way, generous), they continued having me take Jason a plate of food every Friday after our Sabbath dinner. It was on one of those nights that I found him dead, apparently due to a brain aneurysm.

“For the next 10 years, I used the tricks that Jason used on me to make men give me things without undressing.”

“He started groping me when I was 12 and gave me treats – like a Super Nintendo console – that my parents couldn’t afford.

“On a summer day when I was just 15, I arrived at Jason’s flat all sweaty from playing in the park, and Jason said that I could use his shower. I was in the shower, naked, when he opened the shower door and pulled me out. I tried to fight, kicking, screaming and punching him in the face, but he was stronger than me. He raped me.

“For the next 10 years, I used the tricks that Jason used on me to make men give me things without undressing. But I learnt that you can’t stay on the defensive forever.

“I’m now a partner in an interior design firm and am in my first healthy relationship. We’ve all felt pain – a bitter divorce, a loved one’s death and, in my case, rape – and we can easily let these experiences destroy us. But like the tough Russian I am, I refused.”

– Mina, 30, interior designer

## “My stepsister and I sent our father to jail”

“I was 14, and late one night my dad asked me to bring him some sweets to snack on. When I went into his bedroom, where he was watching TV right next to my sleeping stepmother, he put his hand on the back of my right leg... and then inside my underwear. I was stunned. And so confused. This was my father!

“He then grabbed my hand and tried to get me to touch his penis, but I ran out of the room to find my older stepsister, and I told her what had happened.

“It wasn’t until about five months later that I found out that he had been raping her for years. It came out when she told a friend who then spoke to my stepmom. He was sentenced to eight years in prison for sexual battery of my sister and me.

“When my father was released, I was diagnosed with panic disorder. I was just so afraid that I was going to find him standing on my doorstep one day.

“I still remember my father telling me that I would never accomplish anything in life.

But I used his negativity to propel myself forward. While he was in prison, I graduated from university, became a social worker and started talking to girls who had also been sexually abused.

“When I give workshops, I always encourage the people there to do what we’re all doing here in these pages: to speak out publicly. Step out of your fear and take a stand. Healing may not be easy, but it begins there.”

– Kenni York, 31, motivational speaker, author and mother ►



## "I helped the police convict my rapist"

"At 13, I was vulnerable and very unhappy at home, and a friend's dad offered me a sympathetic ear. So I started going over to his house once a week. I'd sit on his couch, and he'd get closer to me and grab my hand. 'You're so beautiful,' he said one day. Then he kissed me. It was my first kiss."

"Soon, he was forcing me to perform oral sex on him. I felt very confused. I didn't realise that I was being worked over by a master manipulator. When I was 14, he started raping me, keeping me around with threats and saying things like, 'If God brought us together, who are you to rip us apart?'

"But I started to see through his act, and by the time I went to university, he was out of my life – physically, at least. When I fell into a severe depression, I knew that I needed to tell the police."

"With two detectives standing by, I phoned him on a tapped line to discuss 'us' – and collect evidence. Although the case took a while to get to trial, he pleaded guilty to sexual abuse of a minor and will serve jail time."

**"When I was 14, he started raping me, keeping me around with threats."**

"During that phone call, I talked sweetly to him, but I was so angry that I kept giving the phone the finger! And when I hung up, one of the detectives there said to me, 'I'm so proud of you.'"

– **Liz Rattan, 25, university graduate**

## "I feel stronger every single day"

"My stepdad pled guilty to indecent acts with a minor, including touching and kissing my private parts and making me touch his. He went to prison for three years, but he still didn't get it."

"He wrote me letters about the music he was listening to and how he had been working out – as if he'd done nothing wrong! Yes, he was punished, but it really wasn't enough compensation for my suffering and truthfulness."

"I'd finally told a counsellor about the abuse when I was 13, after trying to commit suicide. And even after my stepfather was sentenced, I still struggled: dropping out of school at one point, cutting boys' names into the skin on my arms, feeling like a toy to them with no self-worth, and running away."

"Then I had a son at 19, and that kicked everything into full gear for me. I eventually accepted what I wasn't able to change, and decided to help other victims of sexual abuse. So I went to university and juggled three jobs, and I feel stronger every single day."

– **Trisha Fielding, 34, retail buyer and mother**

## "It took me 20 years to tell"

"I've never had boyfriends. Even now, I'll kiss a guy and then quickly bolt. My puzzled mother would always say, 'You're so beautiful and successful, and you have so much to offer. Why don't you have a boyfriend?'

"It wasn't until two years ago, at 26, that I told my therapist about the 15-year-old boy next door who had babysat for me and raped me with his fingers when I was five years old."

"I didn't want to press charges. I just couldn't imagine dredging everything up after all of this time, especially as I grew up in a small town and our parents are still neighbours."

"But I did want to talk about it with my mom. The next time she started her 'you're so beautiful' speech, I took a deep breath and said, 'Mom, I have something that I need to tell you.'

"She said how incredibly sorry she was and how very guilty she felt. I confessed that I'd kept it all from her because I knew that she'd feel that way. But I'm all better now. I'm ready to move on... and I want to fall in love!"

– **Jo, 28, health professional**

## How common are false accusations of sexual abuse?



When Dylan Farrow, stepdaughter of filmmaker Woody Allen, publicly accused him of abuse, he insisted that the claim was unfounded and "ludicrous", which raises a disturbing question: how often do people lie about being abused? And why?

Accidental false allegations, in which an adult mistakes something a child says or does as a sign of having been abused, do occur. Most notoriously are the 'day-care cases' of the 1980s, when dozens of US teachers and providers were wrongly accused of abuse, and imprisoned.

Intentional lies about child abuse are "relatively rare", says Dr Maggie Bruck, a professor of child and adolescent psychiatry. But experts say that many false charges occur during contentious custody cases; one parent may tell a child that he or she was abused by the other parent, and the child might believe it.

Such false charges ruin lives. A 24 year old told us that after her parents found her looking at porn at 17, she lied about a neighbour raping her.

"Sex was taboo in our house, and I was ashamed," says Sarah. "When my mom threw out suggestions – 'Maybe someone has raped you?' – I said, 'Yes, that's what happened.'"

Sarah didn't think that authorities would go after the boy she named, as he'd moved away. He spent four years in prison before she recanted and served jail time herself for the lie.

"There are no words I can say that will erase the huge damage that I've done or that will give back the years that I've stolen," Sarah told the judge. "I am ashamed of my cowardice."



For information and support on child abuse, call 080 005 5555 or visit [childlineza.org.za](http://childlineza.org.za). For information and support on rape, visit [rapecrisis.org.za](http://rapecrisis.org.za).



FOR MORE STORIES OF ABUSE, SEE OUR BOOK CLUB ON [GLAMOUR.CO.ZA](http://GLAMOUR.CO.ZA).

# *Satiskin,* **SA's Number 1 Bubble Bath brand,** now introduces *Blissful Berry* **Hand Wash and Body Wash too!**

**Dermatologically  
Approved.**



# Satiskin

**Indulge** your senses.

# Work it with MANGO

Ace it in the office - and look great doing it.

1



2



3



4



**The nude essentials** For the days when black feels just too, well... black!  
[1] Jersey R599 [2] Handbag R399 [3] Trousers R649 [4] Trench coat R1 399



1



2



3



4



**The dark basics** Classic pieces that never go out of style.  
[1] Blazer R1 299 [2] Jersey R349 [3] Handbag R799 [4] Skirt R999

# GLAMOUR Careers



Your guide to getting hired, winning  
at work and looking the part.

Photography: Jonathan Taylor

In association with

**MANGO**

# What you need to know now

Your GLAMOUR guide to all things career!

## Hit The Slump? Fall back in love with your job, like this

Six professionals share their secrets to being content at work every single day.

**T**hink about your job. Are you happy? Miserable? Meh? We all go through ups and downs, but if you dread work, you may have hit The Slump.

First off, know that feeling like this is totally normal. A recent study found that employees in their late 20s to early 40s experience lower job satisfaction and higher emotional exhaustion than their older and younger peers.

The irony is that The Slump often occurs as your career heats up. Work friendships can be affected and stress created when the competition for promotions grows among colleagues.

We asked pros to weigh in with their strategies for these crucial years to help get your mojo back.

### PRETEND YOU'RE NEW

"The initial phase of work is exhilarating because the learning curve is steep and we feel more motivated when we're learning. 'Find new things to master, like public speaking. When you start a new job, you dress up, which boosts your mood, so make an effort with your appearance. Also, when you're new, you extend yourself to meet co-workers. Get back in that habit. Just looking up as you walk around the office makes a big difference.'

– **Nicole Williams**, career expert at LinkedIn and business owner

### CREATE THE JOB YOU REALLY WANT

"There's a modern-day strategy that's emerged in recent years called job crafting: it means customising your job to suit your wants and needs, and it can help to foster greater job satisfaction.

"Take three steps. First, change the way in which you work. For example, if dealing with emails bores you, find ways to reduce the volume of emails you receive.

"Second, change who you interact with – only cultivate people you like in your workplace or become a team mentor, which is also a brilliant addition to your CV.

"And third, find meaning in your work. If you think that what you're doing has a true purpose, that's a huge thing and will leave you feeling content and fulfilled."

– **Joe Robinson**, author of *Work to Live* (Perigee Trade, R74)

### WORK SMARTER, NOT LONGER

"Avoid playing 'who can work the longest'. It's exhausting and it's one reason people dread going to their jobs every day. Instead, focus on the overall goals and results. That's why you were hired. Good work speaks much louder than how many hours you're working."

– **Jody Thompson**, co-author of *Why Work Sucks And How To Fix It* (Penguin, R212)

### STILL DO WHAT YOU LOVE

"In 30 years of being a stress doctor, I've never seen a patient who had balance in their life outside work get burnt out. Whether it's playing guitar or being with friends, have something that totally takes your mind away."

– **Dr David Posen**, stress specialist and author of *Is Work Killing You?* (House of Anansi Press, R293)

### LEARN THE 'SOFT NO'

"Women often avoid saying no because they are afraid of being impolite, and they end up with too many tasks. This leaves them less time to advance their careers or regenerate their energy. Practise a soft no by saying, 'That's a great opportunity and I would love to do it, but I'm very busy with another project at the moment.'"

– **Dr Elisabeth Kelan**, author of *eBook Rising Stars* (Palgrave Macmillan, R534)

### FIND WHAT'S MISSING

"Think about what would really make you happier at work, like leading a big project, and then speak to your boss about it. But be honest with yourself. If working less is the only thing that would make you happier, it may be time to change jobs."

– **David Burstein**, film-maker and author of *Fast Future* (Beacon Press, R346)



## Nail that cover letter

"You may have ideas for your application letter, but certain info must be included, and in a specific order," says Nicole Walker from PNet, an e-recruitment service provider.

### The subject

"Once you've given your name and address and those of the company you are writing to, state the subject of your letter in one line. For example: 'Subject: Application for the position of marketing assistant.'"

them to the position you're applying for. Your letter should show that you're the best candidate for the job. Set this out in one to two short paragraphs."

### The heading

"Find out who'll receive your CV. If the job advert doesn't give a name, phone the company for this information. It's better to start with 'Dear Miss X' than 'Dear Madam'."

### Your suitability for the company

"Talk positively about the company and relate this to your personality. Good words to use include enthusiasm, dynamism, specialisation and passion. Use your imagination to show, in one concise paragraph, that you're perfectly able to integrate into the corporate culture."

### The position

"Begin with the position you're applying for and where you saw the advert. State why this position is made for you, highlighting your talents or qualities. Don't be too neutral – your CV is a neutral document, not your covering letter! Generally, this introductory paragraph should take two to three lines."

### The meeting

"Sum up your added value in a few words, and talk about your future meeting with the employer. Show self-confidence, using strong words to arouse curiosity. For example: 'Rigour, autonomy and a results-orientated attitude – three factors which, if you wish, can serve as preliminaries for the position for which I'd like to apply.'"

### Your arguments

"Explain why you're applying for this position. Say how your experience or training can contribute to the company. And give practical examples of past achievements, relating

### Signing off

"No letter ends without a closing phrase. Mention the name of the person to whom you're writing." ▶

### 10 Ways to compile a CV that stands out from all the rest

Job recruiters receive hundreds of CVs for advertised positions. Nicole Walker from PNet shows how to make yours catch their eye – and get you an interview.

#### 1 BE CLEAR AND STRUCTURED

"Recruiters begin scanning CVs by reading them diagonally. Only those that catch their attention will get a closer look. Choose an attractive layout by structuring your ideas. Use paragraphs and clear titles."

#### 2 MAKE YOUR CONTACT DETAILS EASILY VISIBLE

"The recruiter must be able to find your personal information at first glance. Put it at the top of the first page. Put your age rather than your date of birth, to make it easier."

#### 3 ONLY INCLUDE RELEVANT TRAINING

"Mention your basic education and any specialisations you have that will be relevant to the job, but make it brief. If you have a degree, the recruiter won't be interested in your high-school studies, for instance. Have you done any training during your career that is important to the position in question? Speak about it briefly."

#### 4 AVOID BUSY LAYOUTS

"A CV is a professional document. Don't use an eccentric font or lots of colour. Keep it simple, clear and to the point."

#### 5 BE CONCISE

"Don't write your entire life story or exceed one to two A4 pages. Instead, detail a few relevant elements regarding your professional experience like tasks, responsibilities, education or additional courses."

#### 6 SKIP UNNECESSARY INFO

"Don't put 'curriculum vitae' at the top of the document, and don't put 'name' in front of your name, 'address' in front of your address, etc. If your CV is clear, concise and well structured, there'll be no uncertainty."

#### 7 ORDER JOB EXPERIENCE CHRONOLOGICALLY

"Whether you're writing about your work experience or education, the most recent information is the most important. Always put it first."

#### 8 PLACE THE EMPHASIS ON YOUR EXPERIENCE

"Experience is considered to be far more important than training, so mention it first. Make sure that it's relevant to the job you're applying for. No experience yet? Then emphasise internships, placements and student jobs. If you really don't have any experience, start with your education."

#### 9 BE FACTUAL, CLEAR AND PRECISE

"Include what languages you speak, your computer skills and the level of knowledge you have. Give a rating of excellent, good, average or basic. Also, make a distinction between your language spoken, reading and written abilities."

#### 10 PERSONALISE YOUR CV DOCUMENT

"It's in your best interest to adapt your CV according to the job you are targeting. Some experience, education or training might be more relevant for one job than for another. The same applies to your cover letter."

## WHAT TO ASK

Debbie Goodman-Bhyat, CEO of Jack Hammer Executive Headhunters in Cape Town, shares the questions you should ask during the interview process.

### Questions you should ask HR

- 1 "How does this role impact the business? Where does it fit in and who are the key stakeholders?"
- 2 "What are the core values, and how do they manifest in behaviour and performance?"
- 3 "What does this organisation look for, and how might I best add value to this company?"

### How to negotiate a salary offer

"If asked, be open about your current earnings, as you may be required to submit proof of payment. If you feel that you're being underpaid in your current job, state this, and propose a realistic, acceptable figure. If you accept an offer, don't go back and ask for more. But if the offer comes back and the numbers are different due

to benefits, deductions or any other misunderstanding, address this immediately."

### Consider this before signing

"If a restraint of trade is part of your contract, have it examined by a lawyer. Be clear about what this means.

"Ensure that the notice period is fair – up to three months is common at senior management or executive

level. If you're in a mid-level or junior role, a month is sufficient. More than three months is uncommon. If this is in your contract, it's best to understand why and negotiate to have it reduced.

"Lastly, if you have serious doubts, do not sign! There's nothing that burns bridges faster than signing on the dotted line, and then defaulting. It could seriously tarnish your reputation."

## Hit a hurdle? Clear it, with this advice

Finding and keeping a job can be challenging. GLAM life coach Kirsten Long tackles the stumbling blocks.

### Q “I'M QUALIFIED, BUT I CAN'T FIND WORK. WHAT SHOULD I DO?”

Getting that first job is the most difficult. Ensure that your CV is professional and up to date, see a few recruiting companies and work with one or two that inspire your confidence. Instead of emailing, pop in every few weeks to stay in touch. And network!

Just graduated? Contact acquaintances and friends, ask what their parents do, and list their careers. Start with the ones that are closest to what you studied.

Now phone! Introduce yourself as a friend of their child's – this way, they're far more likely to listen. Ask if you can see them for a chat. Explain your situation and ask for advice or if they can offer you a position. The more people you see, the sooner you'll get work.

Don't be too fussy about the job and pay. Even though you have a degree, you have no experience. What you need is a foot in the door. Once you have a bit of experience, you'll have more flexibility.

### Q “I CAN'T FIND A JOB THAT PAYS WHAT I'M WORTH.”

Pay is often associated with value. If you have a job, look at the value that you add to the company. You can't get more money if you don't give more value, so think about where you can add this.

Now speak to your boss and ask how you can add more value in line with what you'd like to earn. Ask where you need to improve and what additional skills would be worthwhile. Create a plan together. If your boss is un receptive, you may need to hunt for another job.

When it comes to finding a new job, most companies will ask for your current salary. This is

a problem when you're trying to earn more. If possible, don't give your current salary before an interview. Say that your current package is low and that you don't want to jeopardise your chances, but you'll share it when the time is right. When you get an interview, ask about the value that they will expect from you to ensure that you are actually able to give it.

### Q “I'VE BEEN RETRENCHED, NOW WHAT?”

Your self-esteem is likely to be affected, so be kind and don't berate yourself. Rather build yourself up. Remember, your retrenchment does not reflect on your skills or your worth! And extract as much benefit from the company as you can. Ensure that overtime or owed leave is paid out to you.

See your bank and other financial institutions to discuss payment arrangements for any outstanding debts that may have incurred. You might be able to postpone these for a few months until you get a new job.

Now is the perfect time to take a serious look at your expenses. Prioritise your spending and cut down as much as possible. See how long you can handle living on a reduced budget. This will help you to look critically at job offers and prevent you from accepting an offer that's not very good.

Don't hide away and lick your wounds. Network and look for employment for a few hours every day. Then spend the rest of the time doing something for you (within your budget, of course). Consider helping out at a charity. Doing something for others raises your spirits – and looks amazing in an interview, too. 

# What to wear to work

From the job interview to the career promotion, Mango brand manager Martja De Wet shows you how to style up for success.

What should I wear to a job interview?

#### Dress to impress

Your goal in an interview is to make an impression, not to distract the interviewee with your ensemble, so start with the basics: your outfit must be clean, ironed and simple. And, it may sound like obvious advice, but avoid wearing overly short skirts or low-cut tops!

#### Go for classics

A typical pencil skirt, white shirt and tailored jacket will never disappoint. Are you more artistic? Show your flair by pairing a trendy blouse with a suit. This season, navy trumps black.

#### Show your style

If you're applying for a position in a creative working environment, it's very important that your personality shows through in what you wear, but that you still appear stylish and presentable. Kaftans and kaftan-style jackets are an expressive alternative to the traditional blazer.

#### Keep it formal

When applying for a position that involves working closely with clients, an elegant shift dress is always a great choice.

#### What's the must-have item if I'm on a budget?

Invest in a tailored jacket that can be worn with a number of different outfits. Look for a soft crepe fabric, rather than anything stiff or shiny, and make sure it fits well. Black is classic and versatile.

#### How can I look trendy but remain professional?

The '70s trend is back in a big way, which means blouses with flared sleeves, suede, fringed accessories, wide-legged trousers, Boho prints like paisley, and embroidery. A retro-print wrap dress is flattering and trendy, and white on white is another beautiful catwalk trend.

#### Which colours work best?

Navy is an all-time favourite, and white creates a clean, modern look. You can add touches of yellow, orange and mint – all trendy shades for the new season.

#### What about accessories?

Keep things neat when you're at work. Choose a classic black or brown tote in leather if you can afford it. Scarves are a neat way to add character to an outfit, especially in spring and autumn. Keep your jewellery minimal if your look includes prints, but try a statement piece if your look is simple.

#### And shoes?

Heels work wonders for the figure, as well as for your persona and overall appearance. If you're not a fan, try formal brogues for a modern feel.

#### What are your style tips for my figure if I'm...

##### ... Curvy

Don't wear overly tight clothing. Instead, go for flattering wrap dresses in dark colours or prints. And stay away from dresses with cut lines on the waist – for you, they should be just below the bust.

##### ... Athletic

Try a flared midiskirt to show off your toned legs. Combine it with a tucked-in blouse or shirt, and top with a tailored jacket. Opt for dresses with a style line in the waist to create the illusion of curves.

##### ... Hourglass

Accentuate that waist! Wear V-neck tops to create a vertical balance, and avoid dresses that are tight around your hips and loose on your waist or bust.

##### ... Petite

You can wear skirts above the knee, but may have to add stockings. A jacket with exaggerated shoulders is a bold pick.

#### Finally, how can I amp up my work ensemble to go from day to night?

For a casual evening out, swap your suit jacket for your leather jacket. For a glitzy night out, add statement jewellery and sparkly heels. It's really as easy as that!

#### I've got the job! What items should I have in my work wardrobe?

- 1 A well-cut jacket.
- 2 A classic shift dress.
- 3 A few white shirts in a range of styles – a traditional slim fit is a must. Opt for an interesting collar or placket detail if you're more adventurous. Try to buy natural fabric, rather than synthetics.
- 4 Dark-wash denim jeans that flatter your figure, but only if you work in an informal environment.
- 5 A versatile leather jacket.
- 6 A pencil skirt.
- 7 Flattering tailored trousers in a straight or slim cut. Cropped lengths are big at the moment.

#### The 7 big DOs and DON'Ts of workwear

**DO** keep it simple.  
**DON'T** wear anything that makes you feel uncomfortable.  
**DO** make sure that your hair is always neat and well cared for.  
**DON'T** wear skirts and dresses that are very short or revealing.  
**DO** ensure that your clothes are always fresh, clean and ironed.  
**DON'T** wear anything that's too tight or very low cut.  
**DO** apply makeup. You really don't need that much to look polished. 



**TIP!**

Machine-wash your suits on 'delicate' or 'woollen' in cold water. To dry, hang the suit jacket on a hanger and the trousers from the waist.

**G**

GET MORE IDEAS FOR HOW TO DRESS FOR THE OFFICE AT [GLAMOUR.CO.ZA](http://GLAMOUR.CO.ZA).

# How to ace your work makeup

Too much or too little can give the wrong impression. Application tips, here.

**T**he whole idea of work makeup can seem unnecessarily complicated. Wear too much and you may look as if you're planning for the night ahead – or just got in from the night before. Wear too little and your dark circles may undermine your early morning presentation. And, even if you do get it right, your blush and concealer will probably quit on you by lunchtime.

So here, we bring you a range of makeup techniques that are not only easy and oh-so-pretty, but also give you the freedom to convey some of your personality at work while you're at it.

We're going to assume that you already know not to wear blue frosted eyeshadow or vampy false lashes to your law office. And no doubt you already have a perfectly serviceable routine of brown liner/black mascara/rosy lipstick. But why not lean in a little, at least as far as bright lips, defined eyes and warm, shimmery skin?

"Makeup alone can't score you a client or promotion, but it does boost confidence, which can translate to achievement," explains LinkedIn career expert Nicole Williams. Now, let's get down to business.



## Get gorgeous, glowing skin

Your computer screen shouldn't be the only thing in your office that's bright and glowing. Give your skin some attention, like this.

## Go slightly darker

To warm up the green cast of fluorescent lighting, go for a foundation that's half a shade darker than your skin, suggests makeup artist Susan Giordano. It's a very subtle shade difference, but make sure to blend well down your jawline and into your hairline. We tried this, and it works!

## Tone down your coverage

Full-coverage foundations are a real challenge to apply well. If your skin can handle it, a medium-coverage formula, like [1] **Bodyography Silk Cream Compact Foundation** (R450), soaks in almost instantly and is super moisturising – perfect for air-conditioned offices!

## Make it last

If workday makeup received an annual performance review, it'd need improvement in the 'sees projects through to completion' category. Here's how to help it exceed all of your expectations.

### 1 Be skin savvy

Dot your forehead, nose, cheeks and chin sparingly with foundation, and blend outwards from the centre of your face with a synthetic brush. Give the formula a minute to sink in, and then dust your skin with a translucent powder. To refresh your skin and your makeup throughout the day, keep a can of [6] Uriage Eau Thermale Uriage Thermal Water (R80) close at hand.

### 2 Conceal cleverly

Cover-up tends to wane around the same time as your post-lunch energy levels. "Revive it with a tiny dab of non-greasy eye cream," says Susan. Dry office air also crinkles crow's feet, so pat a little cream on those, too.

### 3 Go waterproof

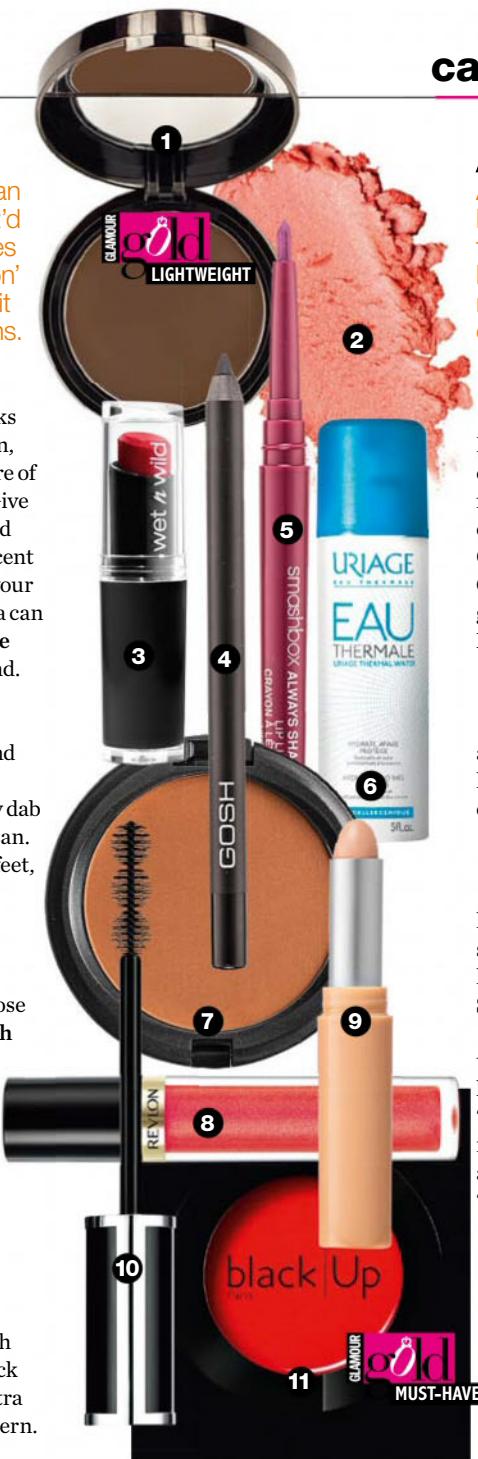
Staring at a computer screen for hours makes eyes teary, so choose a waterproof eyeliner. TRY [4] Gosh Black Ink Velvet Touch (R99).

### 4 Amp up your lashes

Most volumising mascaras become clumpy and brittle when you reapply. We like [10] Givenchy Noir Couture Eyes (R450), which revives lashes with a few strokes.

### 5 Blush up

Top a vibrant cream blush with a matching powder blush – this trick will help the blush last for a few extra hours, says makeup artist Molly Stern.



### Tap on concealer

Instead of trying to hide dark under-eye circles with a liquid concealer, draw over the deepest areas with a concentrated cover-up, like [9] Catrice All Round Cover Stick (R52.95). Tap to blend. Rachel says, "This pinpoints problem zones with a product that won't move."

### Try a bright blush

Rich, saturated hues are best – just apply sparingly and blend like crazy. If your skin is pale, try a hot coral, like [2] Maybelline New York Dream Bouncy Blush in Peach Satin (R99.95), and if you're dark, go for a poppy red colour, like [11] black|Up New Blush in NBL07 (R320).

## Add a bright lip

Applying bright red, pink or orange lipstick is a quick and easy way to look pulled together because bold shades require so little other makeup. But there are things to consider before trying it at work.

### 1 Check your lighting

This isn't just an issue for your skin. Lipsticks that look gorgeous outdoors can make you look radioactive under fluorescent bulbs. Test each shade's office-brightness factor on your hand. Our top red lipstick is [3] Wet 'n Wild Lip Colour in Stoplight Red (R44.95). Prefer gloss? TRY [8] Revlon Super Lustrous Lipgloss in Kiss Me Coral (R129).

### 2 Do touch-ups

Nothing says 'sloppy worker' like a ring around the mouth. Go for longer-lasting formulas (matte shades stay put) or make sure to reapply gloss regularly.

### 3 Know yourself

If whipping out a compact and lipstick gives you a weird *Mad Men* secretary feeling, try a richly pigmented lip pencil, like [5] Smashbox Always Sharp Lipliner in Violet (R255).

Start by lining the outside of your lips, then colour in the whole lip. This will help your colour really stick. Later on, "only the inner parts of your lips will need touch-ups – after coffee or lunch," assures makeup pro Rachel Goodwin. "You won't even need a mirror."

### TIP!

Neutrals are safe, but can get boring. Smooth a copper shadow over your eyelids and define with a black liner for added prettiness.

### Get rid of shine

A shiny face makes you look nervous, so press a powder compact, like [7] M·A·C Pro Longwear Pressed Powder (R375), on your forehead, nose and chin to degrease those areas without destroying the rest of your makeup, especially before important meetings. ☺

# "How did you get your job?"

It's the number-one question we are asked. Here are the answers.

## Editor

### **Pnina Fenster**

I studied literature and art, and was working as a designer when I heard about an opening at a glossy magazine. It was love at first sight, and I did everything I could to get that job. In the subsequent years, I moved on – to other titles, columns and my first position as editor.

When I heard about plans to launch *GLAMOUR* SA, I became obsessed! I'd loved *GLAMOUR* for ages, and I got cracking on a big presentation. The interview process was held in SA and Europe, and when nervousness hit me, I worked some more on my presentation. As a result, it was thorough – and I turned fear into commitment.

#### **What have you learnt?**

The power and pleasure of teamwork. A great team makes every individual look fantastic, and vice versa.

#### **What would you have done differently?**

I know that there was nothing we could have done about it, but I do wish that Britney Spears hadn't had her meltdown and shaved

her head in the week when the trucks were delivering that month's issue of *GLAMOUR* – the one with Britney in all of her blonde glory on the cover!

## Deputy editor and beauty director

### **Michelle Brownlee Smith**

I studied journalism, as I knew from an early age that I wanted to work on a magazine. Interning was part of the course, and I applied everywhere, but my big hope was to be at a magazine – and it came true! I worked my way from intern to features writer, and from there to health editor, beauty editor, managing editor and finally to my current position.

#### **What have you learnt?**

Strive to do better, learn more and keep evolving. Don't listen to naysayers! People said that I wouldn't get a job on a magazine unless I first worked at a newspaper, and I sent my CV to newspapers because it



Pnina Fenster

was expected. But I put a lot more energy into contacting magazine editors, and my application succeeded, so my determination paid off. From then onwards, I was ready to tackle any task with a smile, often staying late at a moment's notice if a deadline had to be met.

#### **What would you do differently?**

I wouldn't change anything. Except, perhaps, the lilac power suit that I wore to my first job interview – scary!

## Beauty assistant

### **Lesley Mathys**

I've always wanted to work for a magazine, but after graduating with a BA degree, I struggled to get into the field for a year. I volunteered at a school and sold cakes, but I kept applying for an internship. After three applications to *GLAMOUR*, I got my foot in the door and,

during that time, a position opened up for my perfect job – I used to study YouTube beauty tutorials just for fun!

#### **What have you learnt?**

Persistence and hard work pay off. Although my first applications were unsuccessful, I kept applying and, when I got a chance, I gave it my all.

#### **What would you have done differently?**

I believe that everything happens at the right time, and so far so good!

## Art director

### **Stefania Origgi**

After my Journalism degree, I moved to Tanzania and, three years later when I returned to Cape Town, I sent my CV to a mix of companies and friends in publishing and design. It took a year of freelancing before I was interviewed for *GLAMOUR*, but the timing was ideal: I wanted to join a team and to grow in



Lesley Mathys  
and Michelle  
Brownlee Smith.

a company, and my first job as senior designer taught me about the magazine in a nuanced way. When I was made art director, I bought two Kirsten Goss bracelets. They are my reminder that hard work really does pay off!

#### What have you learnt?

That teamwork and trust are hugely rewarding. Be prepared to be a teacher as well as a student – we all learn from one another.

#### What would you have done differently?

I'd wear more lipstick!

## Senior copy editor

### Karen Tennent

I completed a Journalism degree, followed by a graphic design course, and then I interned like crazy to get as much media experience as I could. When I heard about the opening for a junior copy editor at GLAMOUR, I decided to give it a try... and it turned out I was pretty decent! From there, I worked hard to get to where I am now.

#### What have you learnt?

Invest in the people you work with. Author JM Barrie wrote, "Always be a little kinder than necessary", and I try to remember that every day. You never know when a co-worker is going through a hard time, and giving them some extra care could make all the difference to them.

#### What would you do differently?

I used to think about what I said that was 'wrong' in my job interview, but then I realised that being myself was probably my strength. Don't be afraid to show people the real you... provided you're not a serial killer. Keep that to yourself!

## Junior designer

### Leanne Staebler

I graduated from graphic design studies in 2010, but I couldn't get a job for a year, so I freelanced in photography and wedding stationery. Luckily, I'd

interned at GQ during college and their art director recommended me when a job opened at GLAMOUR.

#### What have you learnt?

Be patient, take criticism, move on from the negative.

#### What would you have done differently?

Nothing. I just want to be better at what I do!

## Online assistant

### Danica van der Veen

After a year in retail management, I interned in GLAMOUR's fashion department and, four months later, I was hired to work on the website.

#### What have you learnt?

What to do with my life!

#### What would you have done differently?

I would have taken a year off after high school before I started studying.

## Online editor

### Gina Beretta

I was unemployed for eight months after completing

my journalism degree, until my cousin (who was the decor editor at Conde Nast *House & Garden*) asked if I'd be interested in helping her in the office and on shoots. What was meant to be a one-month stint turned into an internship, then a position. I've been at the company for seven years now!

#### What have you learnt?

Patience, persistence and passion will get you far in the industry. It might look like it's all about fabulous clothes, amazing parties and gifts, but in reality, it involves long hours, hard work, stress and deadlines.

#### What would you have done differently?

I wouldn't change a thing! Every struggle along the way has made me who I am.

## Syndication and editorial assistant

### Micarla Lucas-Kadir

I studied Film and Media, so the desire to work in ►



Stefania Origgi,  
Karen Tennent and  
Leanne Staebler.

## career special glam team



Danica van der Veen  
and Gina Beretta.

media was always there, and I interned at a magazine during my studies. After graduation, I moved to Joburg to work in TV, but I missed my family so I moved back to Cape Town and applied for a position at GLAMOUR.

### What have you learnt?

To be persistent, driven and able to maintain good relationships, especially with Hollywood publicists!

### What would you have done differently?

Not one thing!

## Managing editor

### Staci Lazarus

In 2007, during journalism studies, I interned at GLAMOUR as well as a few other magazines, and after graduating, I got my first job as junior copy editor at Conde Nast *House & Garden* (which

is part of the same company as GLAMOUR). I was there for four years, working my way up to managing editor. Then I was offered the job at GLAMOUR and I jumped at the chance. I loved *House & Garden*, but I was ready for a change and a new challenge.

### What have you learnt?

Be patient, work hard and put in the hours. You have to be dedicated to going the extra mile, because that is where you gain the greatest lessons and the best satisfaction.

Love what you do; it reflects in every aspect of your work.

### What would you have done differently?

I believe everything happens for a reason, and I like the fact that I started as a junior. It gave me the chance to learn the fundamentals of how magazines are produced, and that understanding gave me skills for the job I have now.



Micarla Lucas-Kadir, Staci Lazarus and Nandi Ndlovu.

## Features writer

### Nandi Ndlovu

After five years in the corporate world, I decided to pursue my love for fashion glossies. GLAMOUR has been my favourite magazine for 10 years, so I applied for an internship. I was accepted in 2013, and I worked in online and beauty before I was hired as junior features writer, and later promoted to features writer. I'm working my way up!

### What have you learnt?

Always have a plan B. Things change and people can let you down. I've also learnt that loving what you do makes a huge difference; you put in that bit extra when you're passionate about your work.

### What would you have done differently?

Apart from taking the leap towards my dreams sooner, absolutely nothing!

## Senior fashion editor

### Andrea Albertyn

I studied fashion design, but always wanted to go into styling, and that meant starting with an internship. I called the HR manager of a publication I wanted to work for every week for three months, and eventually I got in. I was very lucky to later get a permanent position, as interning is no guarantee of a job. Then I heard about an opening in GLAMOUR's fashion department, applied and was offered a position.

### What have you learnt?

Persistence and passion go a long way in this business.

### What would you have done differently?

Nothing! My mistakes have helped me grow as a person, and I really like growing. ▶

# The science of beautiful skin The glow of Nimue



Nimue Skin Technology is a globally recognised pioneer and innovator that delivers exceptional results. With cutting edge research and development, it ensures the continuous creation of advanced skincare and professional treatments.

**Feel the difference from the start.  
See the difference with visible results.**

Visit [www.nimueskin.com](http://www.nimueskin.com) or your leading beauty salon.

**f** Nimue Skin Technology International **t** @nimueskinint



**nimue**  
SKIN TECHNOLOGY  
A leader in scientific skincare.

## career special

### Junior fashion editor

#### Lori Herbert

I interned with GLAMOUR when I moved back to SA from Australia, and when a new position in fashion opened up, I grabbed it!

#### What have you learnt?

Pay your dues and always be dedicated to your goals.

#### What would you have done differently?

I try not to make the same mistake twice, and to challenge myself to grow.

### Fashion assistant

#### Mandy Nash

I studied fashion design and after that, I completed two periods as an intern. I was lucky the second time around, as it was at GLAMOUR, and after a few months of major effort I was hired for a permanent position.

#### What have you learnt?

Make lists and work hard until you're proud to sign something off. Also, be open to learning and, in turn, to sharing what you've learnt.

#### What would you have done differently?

It's been such an amazing adventure and I wouldn't change a single thing.

### Special projects and events manager

#### Sarah Tuft

Before coming to GLAMOUR, I started off working in events management. Then I learnt about my current position through bizcommunity.com.



Mandy Nash and Andrea Alberthy.



Sarah Tuft and Lauren Williams.



Lori Herbert

#### What have you learnt?

To negotiate and to work with a variety of people. Time management is also crucial. One of the most important aspects of my job is managing expectations – staying true to our brands at the same time as we ensure that our clients are represented and happy.

#### What would you do differently?

All of the skills that I have learnt in my previous jobs

have brought me to the place I am now, so I really wouldn't change anything.

### Promotions executive

#### Lauren Williams

Last year, as part of my events management course, I interned for six months in the GLAMOUR promotions department. It worked out perfectly: I had just completed my studies when

I received a call from GLAMOUR – and a job. I felt excited and ready for the new experience.

#### What have you learnt?

Don't take things too personally, stand your ground, keep doing what you love, and find a way to handle pressure.

#### What would you have done differently?

Nothing, because what I've done is what brought me right here! ☺

# Win with MANGO

Win one of two hot MANGO wardrobes worth R20 000 each!\*

You've got your MANGO discount card (it's on the cover of this GLAMOUR), now here's how to use it... and win!

Head to any Edgars or MANGO stand-alone store nationwide, purchase a MANGO product using the 25% discount card and you'll automatically be entered into a lucky draw to win one of two MANGO wardrobes worth R20 000 each.

That means brand-new on-trend gear courtesy of the pros at MANGO – what's not to love?

\*Offer exclusive to GLAMOUR readers. Terms and conditions apply. See back of discount card for full competition T&Cs





# Huile Prodigieuse®

**Multi-Purpose  
Dry Oil for Face,  
Body & Hair.**

Nourishes • Repairs • Softens



**NEW**  
Eau de parfum



Available at selected Truworths and Woolworths stores



102  
ALL DOLLED UP

Photography: Glen Montgomery, Styling: Betina du Toit



96  
SHINING STAR

# Fashion, beauty, the works

Bush-inspired elegance, pretty pinks and glam golds, plus expert advice on staying younger for longer and all the nail tricks you need to know.





# On safari

Botswanan bundu bashing... the sophisticated way.

Photography: Glen Montgomery. Junior fashion editor: Lori Herbert



OPPOSITE PAGE **Jumpsuit** Fortune R850; **rings** Country Road at Woolworths R549 (for set of four); **heeled boots** Schutz at Castelo R2 850  
THIS PAGE **Coat** Diane at AYK R3 400; **blouse** Samantha Constable R380; **pleather skirt** Forever 21 R349; **bracelets** Lovisa R130 (each)



THIS PAGE **Shirtdress** Oasis at Foschini R399; **moon bag** River Island R999

OPPOSITE PAGE **Polo neck** Foschini R169; **trousers** Kottin & Twille R860; **sunglasses** SUPER R2 499; **heels** Schutz at Castelo R2 999



**fashion** trends





OPPOSITE PAGE **Jersey** Topshop R809; **skirt** Forever 21 R329; **bag** Colette by Colette Hayman R400; **boots** Mimco at Woolworths R1 999  
THIS PAGE **Coat** Cotton On R699; **blouse** Forever 21 R299; **shorts** Jorge R450



Hair and makeup: Bernice Dodd; Photographer's assistant: Sam Bowker; Model: Miéke at BOSS; Shot on location at Mopiri Camp, Botswana

THIS PAGE **Shirt** Utopia at Zando.co.za R299; **pleather miniskirt** Lumin R1 150

OPPOSITE PAGE **Cardigan** Metalicus at Equality R2 799; **shirt** Fashion Express R169; **skirt** Zara R459; **loafers** Trenery at Woolworths R899



G

LIKE THIS VIBE? DON'T MISS OUR 'EARTH CHILD' SHOOT AT [GLAMOUR.CO.ZA](http://GLAMOUR.CO.ZA).

**IT'S BIG STYLE,  
SMALL SPEND  
BLING STYLE!**

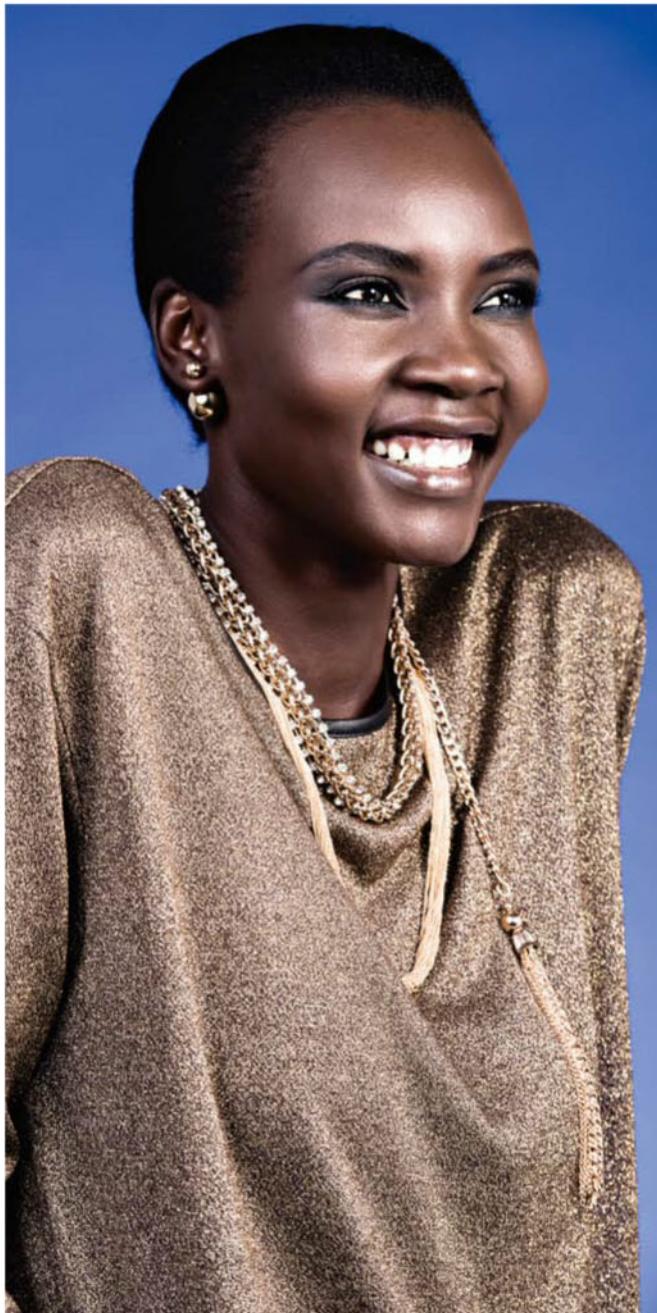
Dazzle and shine  
in pieces that are  
as pretty as they  
are purse-loving.

**Bustier** Little Birdie  
R450; **stud** Lovisa  
R180 (for pack of 12);  
**necklace** Colette by  
Colette Hayman R250

# Shining star

Beautiful bling for your budget.

Photography: Cameron McDonald. Junior fashion editor: Lori Herbert



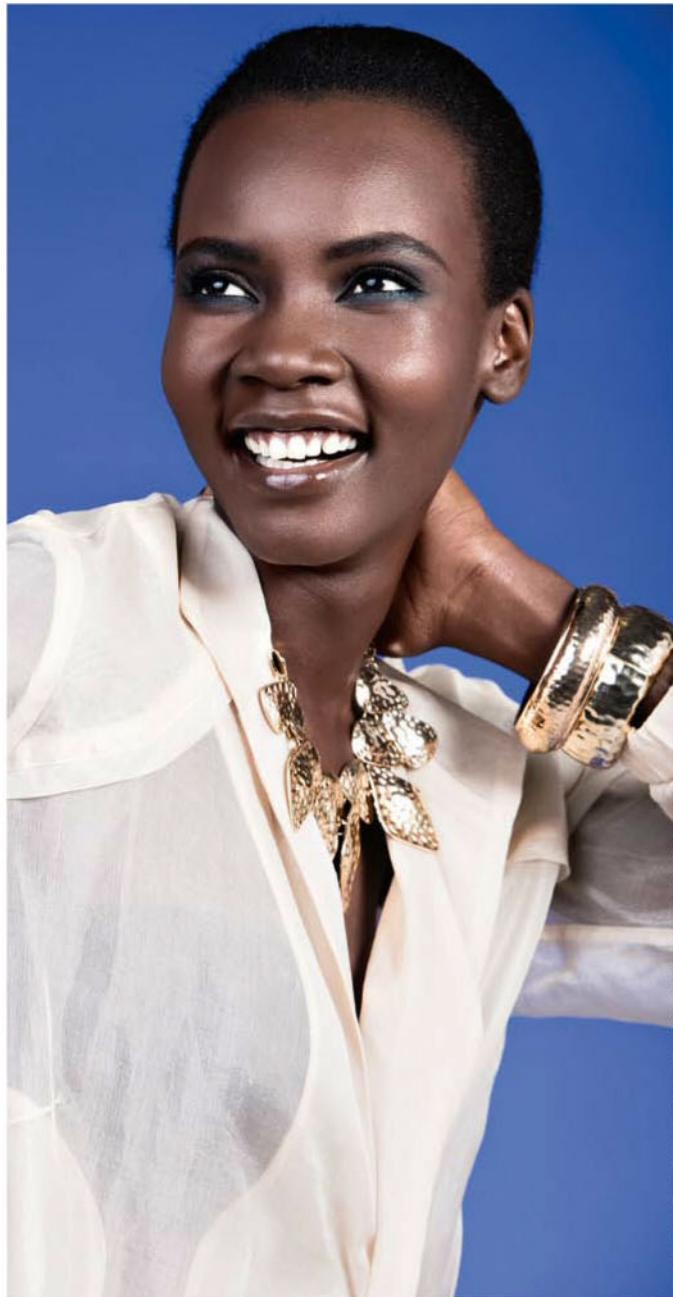
ABOVE **Top** Rage R125; **earrings** Lovisa R100; **belt** (worn as necklace) Forever New R349; **multi-chain necklace** A-List R295

RIGHT **Dress** Forever 21 R599; **earrings** Glitterati R150; **necklace** FUG Accessories at YDE R199

Take your outfit from simple to standout with an oversized necklace and bold earrings. Just be sure to stick to one metallic to keep your look coherent.



## big style small spend



ABOVE **Jacket** Tamara Chérie R3 300; **necklace** ALDO R199; **rounded cuff** R115 and **stretch cuff** R150 both Colette by Colette Hayman

RIGHT **Dress** The Lot R799; **stud** Lovisa R180 (for pack of 12); **gem ring** Colette by Colette Hayman R170; **rings** Call It Spring R99 (for pack of six); **bracelet** Forever New R349

Delicate, plant-inspired jewellery is all over the catwalks this season!

Get in on the trend by going for pieces with distinct shapes that can be seen from a distance.





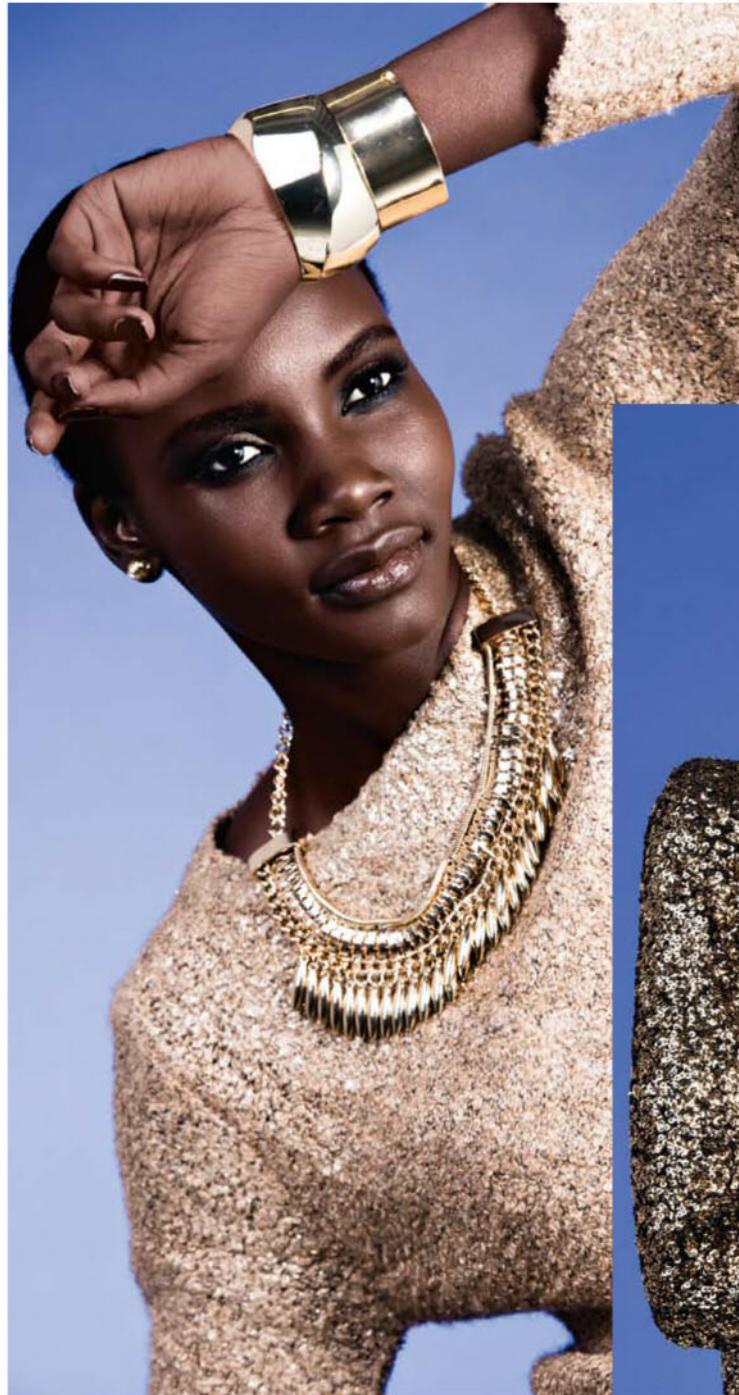
**Blazer** Velvet at YDE R499; **headband** Topshop R169; **rings** Lovisa R150 (for pack of three)



**Earrings** Smith Jewellery  
at Mungo & Jemima R220;  
**choker** Lovisa R170; **bangles**  
Forever 21 R79 (each)

**big style** small spend

Add interest to any ensemble by doubling up on rings, bracelets and necklaces. It's all about scale, so go for pieces in varying sizes.



ABOVE **Jersey** Foschini R450; **stud** Lovisa R180 (for pack of 12); **necklace** Forever 21 R179; **straight cuff** Ruby at YDE R200; **geometric cuff** Tessa at YDE R140

RIGHT **Dress** R899, **chunky chain** R199 and **rings** R199 (each) all The Lot; **thin chain** Second Time Around R100; **long chain** Forever 21 R129





LEFT **Blazer** R1 200 and **trousers** R800 both Define at Stuttafords; **top** River Island R749; **earrings** Glitterati R40; **pumps** Forever 21 R479

RIGHT **Dress** Banana Republic at Stuttafords R1 800; **polo neck** Zara R379; **earrings** Lovisa R100; **flats** Cotton On R199

# ALL DOLLED UP

Feeling flirty? Look pretty in retro-style pink (and white and red).

Photography: Betina du Toit. Stylist: Laurel Pantin



**Dress** Mango R899;  
**sunglasses** Prada at  
Luxottica R5 730; **earrings**  
Lovisa R100; **vanity bag**  
River Island R549



**LEFT Coat** Forever New R999; **sunglasses** Prada at Luxottica R5 730; **earrings** Lulu Belle R320; **gloves** R150 and **luggage** R450 both Glitterati; **flats** River Island R549

**RIGHT Coat** Define at Stuttafords R1 399; **earrings** Lovisa R100; **ring** Lulu Belle R574; **hat box** Glitterati R450; **flats** River Island R549

LEFT **Coat** Afraid of Mice R900; **shirt** Mango R549; **skirt** Banana Republic at Stuttafords R1 100; **earrings** Lovisa R100; **hat box** Glitterati R450; **brogues** Country Road at Woolworths R1 249

RIGHT **Cardigan** Next at Spree.co.za R450; **skirt** Topshop R679; **earrings** Glitterati R40; **beaded collar** R349 and **flats** R629 both River Island; **handbag** Colette by Colette Hayman R500



## fashion lookbook



LEFT **Dress** R449 and **pumps** R479 both Forever 21; **spectacles** La Eyeworks at Oculus R4 856; **earrings** Lulu Belle R320

RIGHT **Dress** Banana Republic at Stuttafords R1 699; **earrings** Lovisa R100; **pumps** Forever 21 R479

Hair and makeup: Amori Birch at Infidel; Photographer's assistant: Ghosain Ratcliffe; Models: Bri at Fusion and Alyssa at BOSS Models; Fashion assistant: Mandy Nash. With special thanks to the Belmond Mount Nelson Hotel in Cape Town



**Coat** Pringle of Scotland at Stuttafords R3 500; **dress** Define at Stuttafords R799; **earrings** Glitterati R40; **ring** Lulu Belle R574; **slingbacks** River Island R629

# Stay younger for longer

Experts share the newest age-defying diets, treatments, lotions, hair saviours and makeup tips to help your youthful glow stay that way.

## DO WATCH WHAT YOU EAT

Nourishing your body and skin is vital to looking young, says nutrition expert and preventative medicine specialist Dr David Katz. He answers your burning diet questions.

### What are the best foods to eat for looking younger?

“Don’t eat food that is highly processed and doesn’t look like anything found in nature. That includes trans fats, chemicals in processed foods and excessive added sugar, all of which cause cell injury, inflammation and the accumulation of fat in dangerous places, like the liver.”

### What do you think of superfoods?

“The hype is overblown. If you eat açai berries in the context of a crummy diet, they won’t fix what’s broken. If you eat a really wholesome diet that doesn’t happen to have them in it, you’re really not going to miss them.”

### If you could eliminate one food from the world, what would it be?

“Soft drinks. They have absolutely no redeeming virtues whatsoever.”

### Do any diets stand out for you?

“Michael Pollan pretty much captured it when he said ‘Eat food. Not too much. Mostly plants.’ An Asian-style, vegetarian or the Mediterranean diet

are all variants on that, and will all encourage a longer, more vigorous life.”

### Which diet is easiest to stick to?

“The heart-healthy Mediterranean diet is relatively easy. The emphasis is on nuts, avocado, olive oil, beans, lentils, wholegrains, vegetables and non-processed meats.”

### Is there any merit to a cleanse?

“There’s value in a periodic reality check of what you eat, and a cleanse or detox can force you to think carefully.

“But remember, your body is already a marvel of detoxification. The liver is a phenomenal detoxer, and the kidneys too. The best detox is to care for your vital organs by eating well, doing moderate exercise, not smoking, controlled alcohol and adequate sleep.”

### What else keeps us young?

“The list is short: don’t smoke, eat less, sleep well, exercise regularly, manage stress. Then one that’s critical – be in loving relationships. Fix any strains in relationships that matter to you. Happiness is an excellent defence.”

## DO give your skin a workout

Lifting weights builds muscle – duh. But listen to this: it may also keep skin looking young. Studies found improved function of mitochondria (the tiny powerhouses that generate energy for cells) in the brain and muscle tissues of people who did weight-bearing exercises, like push-ups and pull-ups.

“The mitochondria don’t work as well with age and without them, we can’t produce collagen, elastin and natural hyaluronic acid that keeps skin tight, hydrated and healthy,” says dermatologist Dr Leslie Baumann. “It’s very possible that weight-bearing exercise may help skin develop younger-acting mitochondria in a way that running and aerobics do not.”

Amping up your workouts for your skin’s sake won’t hurt: exercise lowers cortisol and sugar levels in the blood, both of which cause wrinkles and lax skin, and it releases endorphins that increase circulation. “We know that those endorphins are good for skin,” says Dr Baumann. “Just think how good you look when you’re in love.” ►



**TIP!**

Don't forget your neck when applying your moisturiser or SPF. It needs protection, too!



## DO LIGHTEN UP

Makeup can make you look fresher and younger.

### Lay your foundation

To avoid foundation settling into wrinkles, fill any lines with something clear, like a moisturiser and primer, before applying foundation.

TRY [1] L'Oréal Paris Revitalift Volume Filler Serum (R269.95) and [2] Revlon Age Defying Wrinkle Remedy Line Filler (R189).

"Use foundation to cover unevenness like redness, and choose a sheer formula," says makeup pro Troy Surratt. "Dark spots can look ashy under foundation, so tap on a creamy concealer instead."

### Brighten your eyes

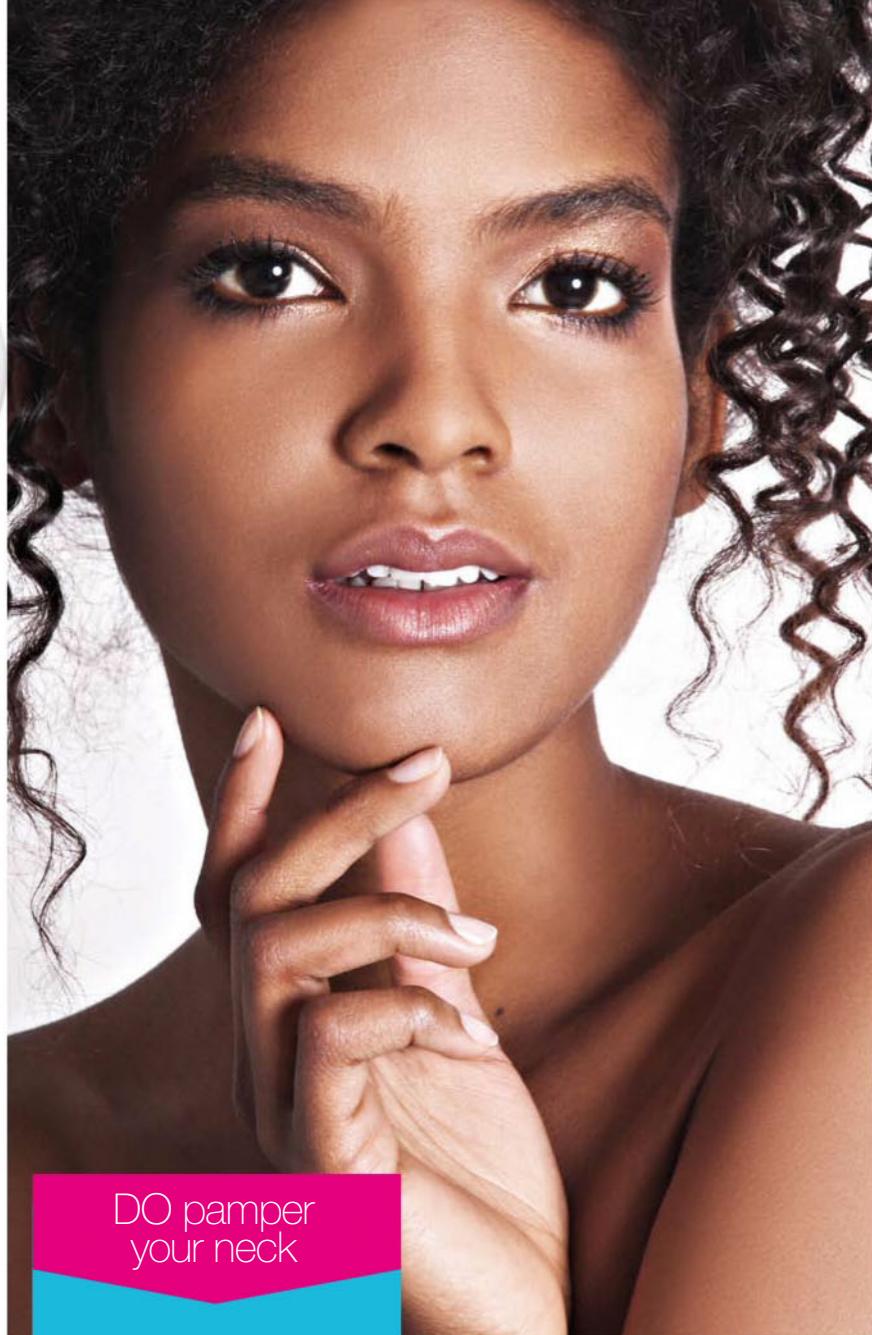
Apply concealer to dark shadows, not to puffy areas. Lightening under-eye bags make them look even puffier!

"Eyeliner and mascara are musts," says Troy. "Use an angled liner brush to push and wiggle dark brown shadow or gel into the lash lines." TRY [4] LA Girl Gel Liner in Dark Brown (R59.95).

If your eyes are droopy, skip liner and mascara on the lower lash line.

### Colour your cheeks

"The one mistake I often see is too-pink blush – it looks fake," says Troy. A shade that's a bit muddy in the package often looks most natural on the skin. Choose a cream blush in taupey pink for fair skin, warm coral for olive skin or muted burgundy for dark skin. Or pick a sheer crayon and use it on your lips, too. TRY [3] Clinique Chubby Stick Cheek Colour Balm in Plumped Up Peony (R260).



## DO pamper your neck

Your neck shows your age first, but do you really need a neck cream?

"I say anything you put on your face, you can put on your neck, but more moisture for the neck can be good since it has fewer oil glands," says dermo Dr Zoe Diana Draelos.

TRY [1] Gatineau Defi Lift 3D Throat and Décolleté Lift Cream (R795), [2] Elizabeth Arden Prevage Anti-Aging Neck and Décolleté Firm & Repair Cream (R1 045) or [3] Clarins Super Restorative Décolleté and Neck Concentrate (R1 025).



# DO LOOK AFTER YOUR LOCKS

The bad news: hair loses lustre, strength and colour with time. The good news: Dr Nicole Rogers, assistant clinical professor of dermatology, has advice.

## What happens to hair as we age?

“The majority of people will notice all-over thinning as early as their 40s because of an age-related decline in the overall diameter of the hair shaft.” To amp up the thickness of your strands TRY [2] L’Oréal Paris Elvive Fibrology Serum (R79.95).

“Pattern hair loss can occur at any age; wispy hairs replace thick growth on the crown. This affects 40-50% of women over their lifetime.” TRY [1] CeraFill Dense Fx Hair Diameter Thickening Treatment (R530).

## Why does texture change?

“Each hair shaft is surrounded by a cuticle, which is like overlapping roof shingles. This gives strength and shine. The cuticle is intact when you’re young, but eventually, gaps open between the shingles, making hair vulnerable to sun, heat and damage.” To boost shine, TRY [3] Kérastase Chronologiste Masque (R1 000).

## How can I protect my hair?

“Wear a hat whenever you’re in the sun, especially for more than 30 minutes. If you can’t wear a hat, use the leave-in products that coat hair with silicone or dimethicone, the same things you use with curling irons.”

## True or false: if you pluck a grey hair, two more will grow back.

“False! Grey hair runs in families. If your grandmothers had it, you probably will, too – and at about the same age.

“No pill reverses this, but you can protect yourself from another cause of greying. You know how presidents rapidly grey during their time in office? That’s because of oxidative stress, and there’s evidence that antioxidant foods like blueberries, melons and rooibos can mop up free radicals that may speed up greying. Smokers can also face early greying, likely due to free-radical formation.”

## Why do pregnant women always have such lush hair?

“Hair develops in three stages: growing, transitioning and resting (shedding). In pregnancy, hair goes into a prolonged transitioning phase. Instead of shedding, it stays put.

“This all ends 3-4 months after childbirth, when hair starts to fall out. But don’t worry! It will return to normal in six months to a year and you should experience a lot of new growth. If not, there may be a medical problem, like thyroid disease or female pattern hair loss, which can be treated.”



## DO add rooibos to your routine!

We loved rooibos before, but now we respect its healing qualities even more. Biochemist Dr Jeanine Marnewick says that ageing is caused by oxidative stress: “This is when free radicals attack your body.” But antioxidants, like those found in rooibos, are an excellent defence mechanism.

“To get enough antioxidants from fruit and veg, you need eight to 10 portions a day,” says Dr Marnewick. “But rooibos tea every few hours is a great source.” Putting it on your skin also helps! We love African Extracts Rooibos Advantage Triple Action Serum (R169.99) for an antioxidant boost. **G**



These women never age! Our role models for looking better every year.



**Cindy Crawford, 49**

Two decades later, Cindy still has the same glowing skin and luscious tresses.



**Jennifer Lopez, 46**

With natural makeup and lightened locks, JLo looks younger today than in 1998.



**Naomi Campbell, 46**

Her secret? A signature style that hasn’t dated – or aged! – since 1996.

# Should I Botox?

## And other big queries, answered.

**"Help! I've been told that I should get Botox, but I'm only 29. Is prevention really better than a cure?"**

"Yes," says Tina Scholtz, president of the South African Association of Health and Skincare Professionals (SAAHSP). "Research shows that reducing muscle movement with Botox injections in your 20s can be a great preventative measure for lines that may develop later."

Dr Zak Schabot, an aesthetic doctor and the founder of the Cosmetic and Dental Emporium in Cape Town, adds: "If you start with Botox around 25, it helps reset the muscle memory so that your face will stop creating wrinkles like frown lines, that may make you look angry or older than you are."

How often should you go? "A session every three to four months over a two-year period is generally the best way to

change your muscles' habits," advises Dr Schabot. "The effects should last about four months. Expect to pay R1 300 for a frown and up to R4 200 for multiple areas. Each person's metabolism is different, so the amount needed is unique for everyone. Once you've reset the muscle memory, you won't need to do it as often," he says.

Worried that Botox will make you look weird and stiff? "Your face should be smooth in a relaxed state, but your brows will still move with expressions," he adds. "If you have bunny lines on your nose, consider treating those too as these muscles may look more active when the rest of your face is relaxed. Always go to someone experienced!"

**"Threads sound kind of sci-fi! What are they?"**

"Where Botox works on relaxing muscles and fillers help with loss of volume, threads can be used from your 30s to lift and define. Placed strategically, threads can lift your brows and your neck. Or they can help to define a jawline or chisel cheekbones," explains Dr Schabot.

"The threads are inserted into the deeper layers of your skin. These dissolve in about 200 days, causing fibroblasts (the cells responsible for creating connective tissue) to create a support structure from within," he says. "You'll need one to five threads for a brow lift, but can go up to 30 threads for a full face." The effects last for three years; each thread costs R200-R900.

### **"Chemical peels sound scary. Should I have one done?"**

Some women have seen excellent results in the treatment of acne, hyperpigmentation and ageing.

"A peel is a controlled chemical burn of the skin," explains skin specialist Sonette Donker of Skin iD in Joburg. "By creating an injury, you stimulate your skin's collagen, hyaluronic acid and elastin production, which helps bring back fullness and radiance to your face."

"Superficial peels done in a salon are gentle, have no down time and give you results that last about one to three months. Deeper peels done by medical professionals can stimulate collagen for up to six months," Sonette reveals.

Depending on the strength of the peel, you may experience redness and peeling. SPF is essential! Costs? From R450 in the salon to R3 500 at a dermo.

**"My 20-something friends are all going for fillers. Isn't that a treatment usually reserved for older women?"**

A survey by Allergan International (manufacturers of wrinkle relaxers and fillers) found that the majority of South African women using fillers are in their 30s, and that 41% of that use is for frown lines and 38% for smile lines around the mouth. Secondary concerns include softening under-eye bags (34%) and filling out crow's feet (31%).

"Our faces lose volume from around the age of 29, and fillers, which are made from hyaluronic acid (a natural substance found in skin), help to replace that volume," explains Dr Schabot.

The treatment takes only 10 minutes, and the results are immediate, improving over four months as your

fibroblasts start producing collagen. A numbing cream and cold pack are applied to the area first, making the treatment relatively painless. The filler dissolves naturally into your system and lasts about 18 months on areas that don't move a lot, like the nose, under the eyes and the cheekbones.

"Fillers are great for creating balance on the face," adds Dr Schabot. "In the past, they were sometimes used in ways that made women look unnatural and over-plumped. But correctly used, they create a natural-looking softness and minimise the appearance of lines." Treatments cost R4 000 per area, but the younger you are, the less you'll need.

**i** For more information, contact The Cosmetic and Dental Emporium on 021 418 2668, capetown.thecdce.co.za; Skin iD on 083 250 5111, skinid.co.za; Radiance for You on 011 327 1584, radianceforyou.co.za.

## How to find a specialist

You really need a pro here, so check these guidelines.

### Ask for their qualifications

This is not the time to look for bargains! "Check the person's training," advises Dr Schabort.

"Do they have more than one qualification? Are they internationally recognised? And do they have experience?"

SA has many well-trained practitioners who understand skin, but make sure the specialist looks at you holistically. "They should consider your skin's texture, collagen and elastin production, your profile and your lifestyle," Dr Schabort adds.

### Get a referral

A referral is always best, but if you don't have one, ask for references.

"Book a consultation to gauge whether you're comfortable before booking for a treatment," suggests Dr Salome Gurgenidze of Radiance for You in Joburg. "Your needs should be clearly understood, and the treatment plan explained to you."

### Check out the premises

"It sounds simple," says Tina, "but make sure that the practice is permanent and that the person is reliable, as you'll need to book follow-ups." **G**





# THE LITTLE BLACK BOOK OF NAILS

From colours you'll love forever to trends to flirt with now, here's your go-to guide to the perfect mani.

**S**o you're completely addicted to nails, but you've never got round to compiling a list of everything you've learnt? That's because a) you have a life and b) that's our job!

So here, you'll find all the tricks you'll ever need for tip-top nails – whether you want to polish up on how to apply a mess-free mani, need pro advice on how to get your nails in perfect condition or are just craving some shade inspiration, here's your guide.

## The ultimate nailcare files

Pretty shades and textures are nothing without a healthy set of nails. Maximise your mani, like this.

### Help your nails grow stronger

"Up your intake of zinc, iron, B-12 and natural fatty acids, all of which encourage nail growth," advises Michelle Humphrey, Maybelline New York nail artist. "Kick your nail-biting habit by opting for a gel manicure – the taste and texture will reduce your temptation to nibble. Also, avoid products that contain drying formaldehyde."

### Fix flaky cuticles

"Apply a nail oil every day," recommends nail pro Hannah Rowland. "You wouldn't wash your hair without conditioning it, and the same applies with your nails." Michelle adds, "Don't overtrim your cuticles – just get rid of anything that's loose and let your manicurist do the rest."

### Know how to avoid a nail breakage

"Nails break because they are either too long, dehydrated or haven't been filed properly," reveals Jessica Hoffman, Sally Hansen nail expert. "Filing down the side of the nail is a no-no as it throws the nail off balance and causes it to split or tear," she says.

Check out the shape of your nail, too, as this can help you dodge a disaster. "A curved edge makes your nails stronger, while squarer shapes with sharp edges are more prone to snagging," Michelle explains.



MICHAEL VAN DER HAM

## Introducing your nails' new BFFs

### 1 Base coat

"It anchors in your nail polish and stops staining," says Michelle. We like [1] **Maybelline New York Nail Dr Rescue** (R59.98).

### 2 Top coat

"This evens out texture, seals in your manicure, adds shine and reduces chipping," Michelle reveals. TRY [2]

**Revlon Colorstay Gel Envy Diamond Top Coat** (R110).

### 3 Nail oil

"Great for nourishing the nail plate and cuticle, as well as banishing dryness and repairing damage," Michelle explains. Apply daily and massage in well. TRY [3] **LCN Nailcare Wellness Gel** (R205).

### 4 Nail strengthener

Fortify your nails to prevent breaking, chipping and splitting. We adore [4] **Sally Hansen 18K Gold Hardener** (R99.95).

### 5 Emery board

Get smooth edges, making sure to only file in one direction. TRY [5] **nsi Endurance File** (R45). ▶





KENZO

## Flawless nails in 3 easy steps

### Do the perfect statement nail

**Step 1** Remove any old nail varnish. "Cotton wool leaves fibres on the nail," warns Lee Moore, session technician for OPI. "Use a Wet Wipe dipped in nail-polish remover instead."

**Step 2** After applying your base, "use the four-stroke system," suggests M·A·C makeup artist Keri Blair.

"The first stroke starts at the cuticle and goes down the middle, and the second one does the same in the opposite direction. The third stroke goes down the left of the nail, and the fourth stroke, on the right."

**Step 3** Made a mistake? "Use a small brush dipped in nail-polish remover to get rid of the smudge," recommends Keri.

### Paint your toes, mess-free

**Step 1** Prep your toenails in the same way as you do your fingernails. "Trim and file your toenails, then push back your cuticles and apply a base coat," advises Keri.

**Step 2** Now it's time to perfect your painting pose! "Toes tend to point upwards," Keri says. "Prop your foot up on a chair, then use one hand to paint and the other to pull your toe down so the surface is flat."

**Step 3** "Apply nail-polish colour in two thin, even coats," recommends Lee. "If it's too thick, you'll be left with an uneven layer and it'll take longer to dry."

Messed on your skin? After a hot shower, simply scrape the extra polish off.

## Trend alert!

Nail art is having a major moment and it's the perfect way to express yourself. Get this edgy, two-toned look by following these easy steps.

**Step 1** Prep your nails with a base coat. We love Revlon Nail Care Multi-Care Base Coat (R120).

**Step 2** Apply two coats of white nail polish, like Essie Blanc (R124.95). Make sure your nails are perfectly dry before applying the second coat of nail polish.

**Step 3** Using a metallic gold nail polish, or any colour of your choice, paint a single strip down the centre of your nail. For a steady hand, rest

your wrists on the edge of a table. This will help prevent shaking. TRY Morgan Taylor Where's My Crown (R123).

**Step 4** Let the nail polish dry completely, then seal your creation with a top coat. TRY GOSH Nail Lacquer Top Coat (R79).

### TIP!

Run cold water over your nails to speed up the drying process.

## 4 Sneaky little nail spoilers

**At work** "You tend to be more prone to nail chips and breakages if you do a lot of typing," reveals Michelle. "Try to use the pads of your fingertips, rather than your nails, and apply a top coat every 2-3 days to keep them strong."

**At home** "Cleaning detergents can dry out your nails, so always wear gloves when doing chores or washing dishes," warns Michelle. Hannah adds: "If you wouldn't put your face in it, then don't put your nails in it!"

**On a night out** "Smokers often have stained nails and cuticles, which isn't a good look," says Michelle. Visit a professional for a regular manicure. She'll be able to remove the cuticles and gently exfoliate the stained skin.

**The wrong shoes** "Make sure your shoes fit, and keep your toenails short to prevent breakages," says Michelle.

## 3 Top coats to transform your mani!

- [1] Wet 'n Wild Wild Shine Matte Top Coat R24.95
- [2] Sally Hansen Gel Shine 3D Top Coat R99.95 [3]
- Essence Nail Art Pastel Ombré Top Coat R38.95



## 3 Emergency nail how-tos

Insider secrets to a nail catastrophe!

### 1 How to cover up a wet smudge

"Put a drop or two of cuticle oil onto your finger and gently rub it over the surface of your nail to smooth it out," advises Rimmel nail expert Adam Slee. Then, when that coat is dry, apply another one to disguise the smudge.

### 2 How to deal with a split nail

"Apply nail glue to the break then, once it's dry, buff away the rough edges and apply a few coats of polish," says Michelle. Start with a nail strengthener before adding two coats of nail colour and then a top coat. Keep your cuticles well moisturised and file your nails in one direction only to get rounded edges.

### 3 How to mend chipped polish

"Don't apply another coat of polish to the entire nail, as this makes the chip more prominent," warns Adam. "Instead, paint a thick 'bead' of polish to the chip and, when it's almost dry, use a top coat to smooth it over."

## Toenail tactics

We all love to glam up an outfit with a pair of fabulous heels, but what effect are they having on our toenails? "The nails on your toes can get crushed, causing them to separate or break off," says Michelle. Keep your toenails as straight as possible, with a slight curve at the sides. "A softer edge will prevent the nail from pressing on the skin as you walk," she adds.

## DO be matchy-matchy

Forget clashing colours – this season, it's all about matching your makeup to your nail polish. We've got amazing inspiration, straight off the catwalk, here.



### All nude

Fresh faced and glowy means nails get a sheer overcoat. We love **Chanel Les Beiges Healthy Glow Multi-Colour** in Marinierre (R855) for your complexion and **Yardley Gel Lac Nails** in Nothing But Nude (R59.95) on your nails.



### Black stripe

Dramatic black liner goes with a simple stripe of black polish. We love **Sally Hansen Miracle Gel** in Blacky O (R109.95) and **Mavala Nail Colour Pearl** in Black Night (R72).



### Purple haze

A metallic shadow looks great with deep grape nails. Go for this combo: **Maybelline New York Colorshow Mono** in Disco Purple (R69.94) worn with **Nails Inc** in Savile Row (R115). Bold! ☺

VETTA

*"If more of us valued food and cheer and song above hoarded gold, it would be a merrier world." – JR Tolkien*

## This season's best

Try these wholesome South African spins on low-carb high-fat eating.



**SERVES 4**

### Sweet Italian mini-meatball soup

It's like spaghetti bolognaise without the pasta, but with the selfsame flavour palette!

#### You'll need

2 tbsp grated Parmesan  
2 ½ tsp dried mixed herbs  
500g good-quality beef mince  
4 tbsp coconut oil or lard  
410g can tomato purée  
salt and pepper, to taste  
1 tbsp crushed garlic  
1 tsp dried thyme  
2 tbsp xylitol or a few stevia drops  
2-3 cups water or bone broth  
1 medium brinjal, diced  
5 medium baby marrows, diced  
6 baby plum tomatoes, diced  
1 onion or 3 spring onions, chopped  
1 green pepper, diced  
Grated mozzarella and chopped fresh chives or parsley, to garnish

#### The how-to

Preheat the oven grill. Mix the Parmesan and ½ tsp of the mixed herbs into the mince, and roll into meatballs. Heat 2 tbsp coconut oil in a saucepan and fry the meatballs until browned. Add the tomato purée, salt and pepper, garlic, thyme and xylitol. Simmer for 7-10 minutes and add 1 ½ cups of the water.

Place the veggies on a baking tray with the remaining coconut oil and chargrill, then place in a blender with another ½ cup of water. Give it a quick blitz for a chunky soup, or purée if you like it smooth. Add to the meatballs and simmer gently for about 10 minutes. Garnish.



SERVES 6

## Chicken pie

A hearty winter warmer to ward off colds and flu.

### You'll need

#### CRUST

$\frac{3}{4}$  cup almond flour  
1 tsp baking powder  
6 tbsp cold butter  
1 cup cream cheese, at room temperature  
2 free-range eggs

#### FILLING

2 tbsp coconut oil  
8-10 free-range chicken pieces  
2 tbsp lemon juice  
salt and black pepper, to taste  
2-3 cups water  
250g mushrooms, sliced  
1/2 onion, chopped  
3 spring onions, sliced  
1 tsp crushed garlic  
1 tbsp butter  
1 cup fresh cream  
sprinkle of nutmeg  
1/4 tsp ground cloves  
1 tsp dried or a handful fresh thyme  
1 tbsp chopped fresh parsley

### The how-to

Preheat the oven to 180 °C. For the crust, mix the almond flour and baking powder together. Rub in the cold butter until the mixture has a lumpy texture. Blend the cream cheese and add the eggs, one by one. Add the flour mix to the batter and mix until it forms a smooth paste.

For the filling, heat the coconut oil in a saucepan and brown the chicken pieces. Add the lemon juice, seasoning and water, and cook until the meat can easily be removed from the bones. Remove from heat and drain the liquid into a container.

Debone the chicken and return the meat to the saucepan with the veggies, garlic, herbs and more seasoning. Add the butter and sauté, then add the cream and 1 cup of the drained liquid. Cook on a medium to high heat to reduce the sauce and form a creamy filling. Spoon the filling into a pie dish, pour the batter over and bake for 15-20 minutes until puffed up and browned. ▶

SERVES 3

## Mousse

These can be enjoyed as a dessert on their own or can be added as toppings or fillings.

### Lemon cheesecake mousse

#### YOU'LL NEED

- 1 cup fresh cream
- 2 tbsp cream cheese
- 2 tbsp lemon juice
- 1 tbsp xylitol
- 1 tsp vanilla extract

### Chocolate mousse

#### YOU'LL NEED

- 1 cup fresh cream
- 2 tbsp cocoa powder
- 1 tbsp xylitol
- 1 tsp vanilla extract

### Berry mousse

#### YOU'LL NEED

- 1 cup fresh cream
- ½ cup strawberry purée (about 1 cup whole fresh or thawed frozen strawberries, blended)
- 1 tbsp xylitol
- 1 tsp vanilla extract

### Granadilla mousse

#### YOU'LL NEED

- 1 cup fresh cream
- 2 granadillas, pulp only
- 1 tbsp xylitol
- 1 tsp vanilla extract

### The how-to

Whip all of the ingredients together using a mixer until fluffy. Serve chilled. 

All of these fabulous recipes can be found in *Low Carb is Lekker* by Iné Reynierse (Struik Lifestyle, R220).



# WIN!

## One of 9 TW Steel watches valued at R6 750!\*

**B**e the one to watch (literally!) with an amazing piece of wrist candy courtesy of TW Steel.

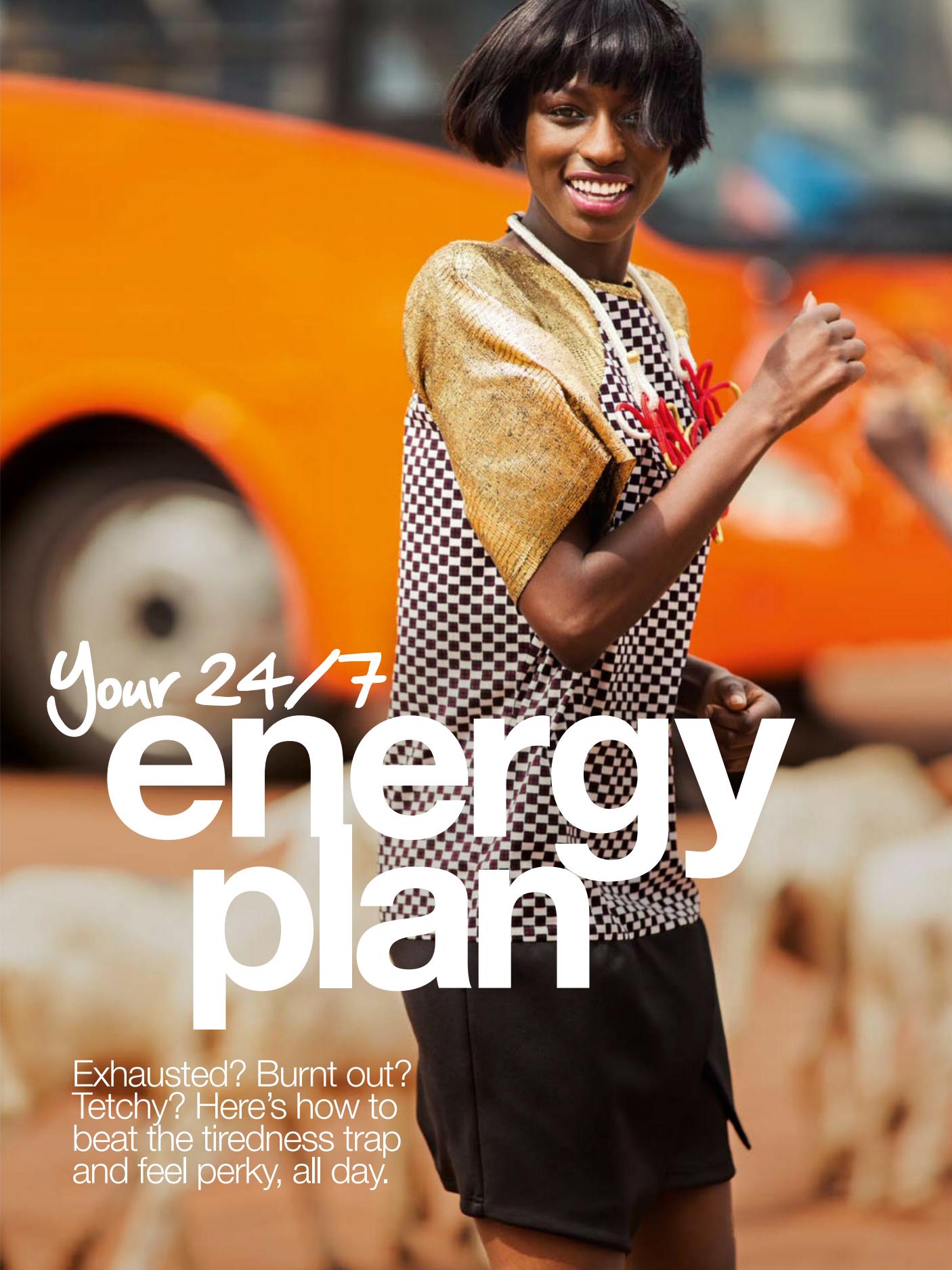
Renowned worldwide for its distinct, oversized watches and bold styles, the brand continually embraces the opportunity to entertain and delight.

Now it's your turn to stand out from the crowd with TW Steel's stainless steel Canteen watch with stunning rose gold PVD finish. It's not just a watch – it's a statement.

Simply SMS today and you could win!

**TO ENTER**  
SMS 'STEEL',  
your name, address  
and email to 32697.  
(SMS costs R1.50.  
Comp closes  
31 Aug 2015.)





# Your 24/7 energy plan

Exhausted? Burnt out?  
Tetchy? Here's how to  
beat the tiredness trap  
and feel perky, all day.

You argue with your boyfriend about nothing, are enraged by unexpected costs when paying at the till, and want to cry when your boss asks you the tiniest thing. We all know how difficult it is to function when we're tired. In fact, a study reveals that one in two people say that, more often than not, they don't feel fresh and rested when they wake up.

Although sleep troubles brew in the bedroom, the real nightmare is during the day, when fatigue makes everything feel

so much harder. "It impacts everything from your sense of humour to your career, weight and relationships," explains Dr Nerina Ramlakhan, author of *Tired But Wired: How to Overcome Sleep Problems* (Souvenir Press, R328). "Sleep is only one way of recovering energy. You need to look after yourself emotionally, mentally and nutritionally," Dr Ramlakhan says.

So, if you're tired of feeling tired, read our scientifically proven guide to boosting your energy by day – and sleeping well at night.

## Your energy menu



### 7.30am WATER

Even mild dehydration makes you sleepy and unable to focus, says a study in the *Journal of Nutrition*. "Water makes you alert, helps digestion and speeds up your metabolism," says dietitian Helen Bond. Gulp a big glass first thing, and keep sipping all morning; your urine should be pale.



### 8am BREAKFAST

"Breakfast is vital for sleep," says Dr Ramlakhan. "You have a metabolic window in the first hours of the day to show your body there's a good supply of food, so it can relax and sleep when it needs to." Poached eggs on wholegrain toast are a good balance of protein, fat and complex carbohydrates.



### 10.30am COFFEE BREAK

You need a caffeine hit most when natural energy levels dip – and mid-morning is the best time, say researchers from the Uniformed Services University of the Health Sciences in the US. It's when the level of alertness hormone cortisol drops from its early morning high.



### 1pm POWER LUNCH

Carbs have a bad reputation, but ditching them can make you forgetful and tired. Unlike the sugary, refined kind, complex carbs like potatoes, wholegrain rice and quinoa give your brain the glucose it needs, without the spinny high and tanking low. Try a big sweet potato salad with feta and colourful vegetables for lunch.



### 3pm CHOC O'CLOCK

Chocolate is a good source of caffeine, but there's more. Flavonoids found in chocolate boost your mood and your brain power, say neuroscientists in a *Journal of Psychopharmacology* study. Cheap chocolate won't cut it though: you need a dark bar with 70% cocoa to reap the rewards. Good news for choc lovers!



### 7.30pm SUPPER

"Lethargy could be a sign that you're low in iron, the mineral used to make red blood cells, which help to store and carry energising oxygen in your blood," says Helen. The best iron-boosting meal? Steak and broccoli. Red meat is one of the best sources; broccoli is rich in vitamin C, which helps your body absorb iron.



### 10pm TEA TIME

A study in the journal *Biological & Pharmaceutical Bulletin* concludes that chamomile tea significantly decreases the time that it takes you to fall asleep. Traditional healers have long recommended this herbal tea as a simple and healthy way to relieve anxiety and depression, so have a cup before bed. ▶

## Digital traps to dodge

### Emails before bed

There's a link between the ubiquitousness of smartphones and the rise in sleep problems, says the National Sleep Foundation. Reading emails at night makes you worry about things you need to do tomorrow.

### Blue light in the room

Electronic devices emit a short wavelength light that interferes with production of the sleep hormone melatonin, says the European Sleep Research Society. Switch off all electronics and you'll switch off, too.

### Sleep apps

"It's normal to wake up in the night, but if you then look at data, your brain switches on and takes longer to get back to deep sleep," explains Dr Ramlakhan.

## 5 Things to say no to now

- 1** The colleague who always dumps her workload on your desk.
- 2** A date with that nice but spark-free guy.
- 3** That so-so party, if you need your sleep.
- 4** Supper with that unreliable friend.
- 5** Siblings who think that you'll shop for Mom's birthday gift again.

## Why you need to get moving

### Start with star jumps

"Heart-pumping cardio is the best way to rev up in the morning," says osteopath Leah Hearle. No time for a run? She prescribes 20 star jumps.

### Stretch, don't sweat

"Avoid aerobic exercise within two hours of bed – it's stimulating, making it harder to sleep," reveals personal trainer Dalton Wong. "You need calming yoga moves," he adds.

### Hit the gym at lunch

Exercise ups productivity so much it makes up for time away from the office, research from Stockholm University shows. The best time to go is midday.

### Goodbye chair

"Get up as much as you can," advises Leah. Even take walking meetings!



## Insomnia SOS

Can't sleep? It's time to take the pressure off.

### SAY THANK YOU

"The number-one thing I've found helps insomniacs is doing a simple gratitude exercise," says Dr Ramlakhan, who has a sleep clinic at the Capio Nightingale Hospital in London. "When you get into bed, think of five good things that happened today. Listing reasons to be thankful drops your stress levels."

### GOOD REST TOPS POOR SLEEP

"The more you pressure yourself to sleep, the less likely you are to actually fall asleep," says Dr Ramlakhan. "So tell yourself, 'It doesn't matter if you don't sleep tonight – just use this time to rest.' You'll quickly get to sleep when you take the pressure off."

### BOYCOTT THE BEDROOM

Still tossing and turning? A new study from Harvard Medical School shows that getting up and pottering around another room for 20 minutes will speed your return to slumber. When you get back into bed, you'll be relaxed and less afraid of sleeplessness.

## Make this your calming nighttime routine

The evening is your wind down after a busy day. Here's how to make it count.

**WEAR A ONESIE** Research shows that lying on the couch recharges your batteries far more effectively when you're warm and cosy.

**LIGHT A CANDLE** In dim light, the pineal gland in your brain secretes melatonin, which tells your body that it's time to wind down. Try a scented candle containing serene lavender and chamomile essential oils (Soy Lites R185) to help you relax.

**SLEEP ON YOUR BACK** "This position makes it much easier for your head, neck and spine to maintain a neutral position, which means that more restorative oxygen flows to your brain," recommends Leah.

**LAUGH** Researchers at the Indiana State University School of Nursing in the US found that laughing can boost energy. Need inspiration? Watch *Inside Amy Schumer* (Mondays at 9.20pm on Comedy Central), because we too have wondered if guys are only interested in us for our wicked perms.

**BATH IN SLEEPY SALTS** Almost 70% of us are deficient in magnesium, which relaxes muscles and encourages deep sleep. You can absorb it through the skin, so add two cups of Epsom Salts (Dischem R22.95 for 500g) to your bath. Not only will this help you sleep, but an Epsom Salt bath is also excellent for the relief of body pain and aching joints. 

**NEW** For *satin soft skin*,

try *Satiskin* moisturising Cocoa Butter

## Bubble Bath, Shower Crème and Hand Wash.

Enriched with Vitamin A&E.



**Dermatologically  
Approved.**



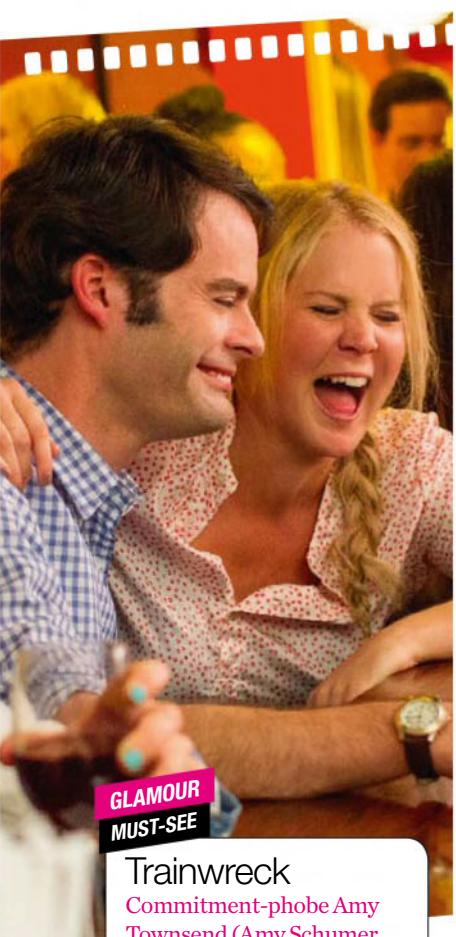
# Satiskin



111 (SAT) 1169/E 10.1.14 [www.limelinhtso.com](http://www.limelinhtso.com)

# Glam Happenings

Hot spots, good vibes, great books and movies



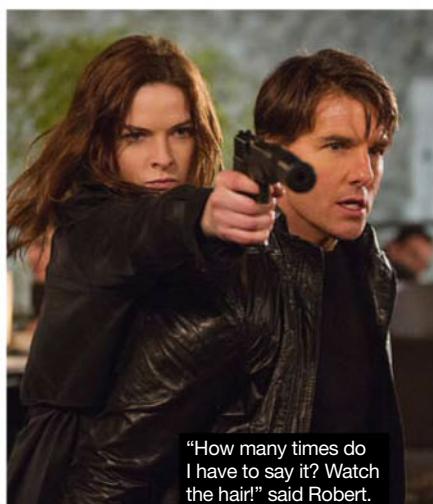
GLAMOUR  
MUST-SEE

**Trainwreck**  
Commitment-phobe Amy Townsend (Amy Schumer, who also wrote the script) doesn't do second dates or sleepovers following her dad's adage that monogamy is unrealistic and impossible. Her hard-living, good-time gal life is satisfying until she interviews sports doctor Aaron Conners (Bill Hader), and they hit it off. Could her married friends be onto something? Should she see him again or – horror! – spoon? It's an engaging and effervescent modern-day wild comedy from the producer of *Bridesmaids* and the director of *Knocked Up*.  
★★★★★

## Movies

### MISSION: IMPOSSIBLE – ROGUE NATION

Tom Cruise reprises his role as Ethan Hunt in the fifth MI film. Ethan, his IMF colleagues and ally Ilsa Faust (an impressively physical Rebecca Ferguson) take on the syndicate tasked with eliminating them. High octane and action-packed, with great locales from Austria, Morocco and UK, fans will approve.  
★★★★○



"How many times do I have to say it? Watch the hair!" said Robert.

### MINIONS

Everybody needs a purpose in life. For the minions, it's to serve master villains. But after failing spectacularly throughout history, they find themselves with no evil boss. Minions Kevin, Stuart and Bob set off to find a new master and encounter the world's first ever female supervillain, Scarlet Overkill (Sandra Bullock). Cute, quirky and fun, it's a hilarious prequel to the *Despicable Me* movies.  
★★★★○



"Does Mr Bloom live here?" asked Pete, Stu and Jo.

### THAT SUGAR FILM

With the recent increase in food awareness and the fact that the average person eats 200ml sugar a day, Australian actor Damon Gameau undertakes an experiment to eat 'hidden sugars' for two months and measure the impact on his wellbeing. He presents a vibey and upbeat documentary that will make you reassess what you buy and eat.  
★★★★○

**"I just want people to admit that there's no one way to live your life."**  
– Sandra Bullock

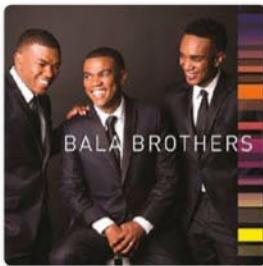
### KIDNAPPING MR HEINEKEN

Daniel Alfredson, the director behind *The Girl Who Played with Fire* and *The Girl Who Kicked the Hornet's Nest*, fails on the suspense front with this, his latest film. When beer tycoon Freddy Heineken (Anthony Hopkins) was abducted in 1983, he was held for an unprecedented ransom of \$10 million. And as the tale is told from the gang's perspective, it's an interesting one.  
★★★★○



"Forget him, mate. He's just jealous of our cool jackets," assured Jeremiah.

Text: Jacqui Thompson; Photography: Gallo Images/Wire Images, Image net by Getty



## Rocks

TI

### PAPERWORK

Pharrell Williams himself was called in to produced TI's ninth studio album, and the result is a mellow feel with a few tracks that will get you dancing.

**KEY TRACK** 'No mediocre'

**GET IT** If you're a fan



### BALA BROTHERS

#### BALA BROTHERS

Loysiso, Zwai and Phelo are household names, each with a successful solo career. Enjoy covers of hits like 'Circle of life', as well as their original track 'Masibuyelane'.

**KEY TRACK** 'Masibuyelane'

**GET IT** For the brilliant vocals

### MEGHAN TRAINOR

#### TITLE

The American singer's fourth album was inspired by her love of the '50s and '60s, and these eras suit her vocal style to a tee. Her lyrics are honest, heartfelt and incredibly empowering.

**KEY TRACK** 'All about that bass'

**GET IT** For its funk



Music reviews: Nandi Ndlovu; Book reviews: Prinna Fenster, Karen Tennent, Stacey Nel

## RUMER

### INTO COLOUR

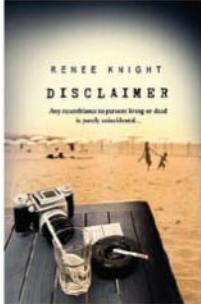
Showcasing original material, *Into Colour* is laden with the soft pop sound Rumer has mastered with her sultry voice and '70s-inspired ballads.

**KEY TRACK** 'Dangerous'

**GET IT** To relax

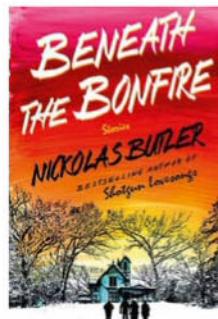


## GLAMOUR MUST-READ



**"The book  
you don't read  
won't help."**

— Jim Rohn



### Beneath the Bonfire: Stories by Nickolas Butler

(Pan Macmillan, R250)

Raw, edgy and deeply human, Nickolas Butler's 10 short stories are love songs to small-town characters in the rural US. A compassionate observer, Nickolas follows as they stumble through life, love, death and fear in a moving, insightful and enjoyable read.

## Reads

### 101 Detectives by Ivan Vladislavic (Umuzi, R226)

Adored by the cognoscenti, Ivan Vladislavic – author of *The Restless Supermarket* (Random House Struik, R206) – is one of SA's greatest writers, and a string of recent awards are just tribute to his powers. Eerie, witty, moving and potent, the short stories in *101 Detectives* will haunt you long after you have reached the end.

### Disclaimer by Renée Knight (Doubleday, R292)

When filmmaker Catherine opens the book that has mysteriously appeared on her bedside table, she has no idea that the novel is based on her life... and revolves around a secret she has long kept hidden. A thrilling read that will have you questioning the truths your loved ones choose to tell.

## TONIGHT, THE PARTY IS YOURS. YOUR FRIENDS. YOUR THEME. YOUR LOCATION.

Simply purchase any 4th Street product, dial \*120\*1776# and use your unique code on the sticker to stand a chance to win 1 of 4 dream parties worth R200 000 each. Visit your nearest leading retailer nationwide while stocks last.

**4th STREET**  
see you there



## Hot ticket

### [Meet up!]

Things to do, places to be and people to see, all here.



#### Cape Town

##### Something's coming

In one of the greatest musicals of all time, the star-crossed Romeo and Juliet are transposed to the gang-dominated streets of 1950s New York. Based on the original 1957 Broadway show and produced by the award-winning team behind *Cabaret* and *The Rocky Horror Show*, this not-to-be-missed production of *West Side Story* stars the hugely talented Jonathan Roxmouth and Lynelle Kennedy. At the Artscape Theatre from 23 July-23 August. Book at computicket.com.

##### HOMESTYLE

Design, decor and the latest in kitchen appliances and bathroom fittings are always great inspiration for improving your home, so whether you're looking to redecorate or just to see what's trending, you're sure to find ideas at the Cape Homemakers Expo. On at the CTICC from 27-30 August. For more info, visit homemakersonline.co.za.

**WIN!** One of 20 pairs of tickets to the Cape Homemakers Expo worth R140 each!

To enter, simply SMS 'HOMEMAKERS', your name, email and address to 32697\*. (SMS costs R1.50. Comp closes 20 Aug 2015.)



#### Joburg

##### Design time

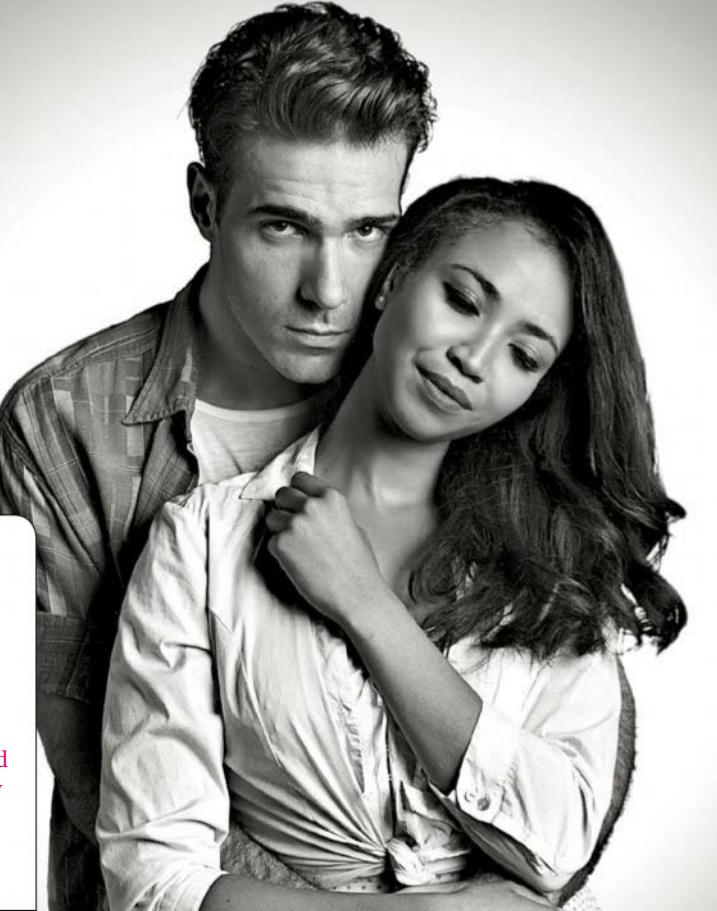
Decorex, Africa's largest decor, design and lifestyle exhibition which was founded in 1994, is back, with more than 700 brands, products, designers and home experts all under one roof. That means five days of professional tricks, tips and recommendations – everything you need to turn your home into a palace! On 6-10 August at Gallagher Convention Centre. For more info, visit [decorex.co.za](http://decorex.co.za).

##### BOOKWORM ALERT

Calling all literature lovers! Meet your favourite author or gain insight into the literary world at the annual South African Book Fair, on from 31 July-2 August. Whatever your favourite book genre, a grand experience awaits. For more info, visit [southafricanbookfair.co.za](http://southafricanbookfair.co.za).

##### ON TAP

Fancy a day of live entertainment, tasty food and pinotage? Don't miss Pinotage On Tap at Val Bonne Country Estate on 29 August. Grab a goodie bag and toast this uniquely South African cultivar known for its tantalising flavours of dark chocolate and fresh-roasted coffee that has taken the world by storm. Book at computicket.com.





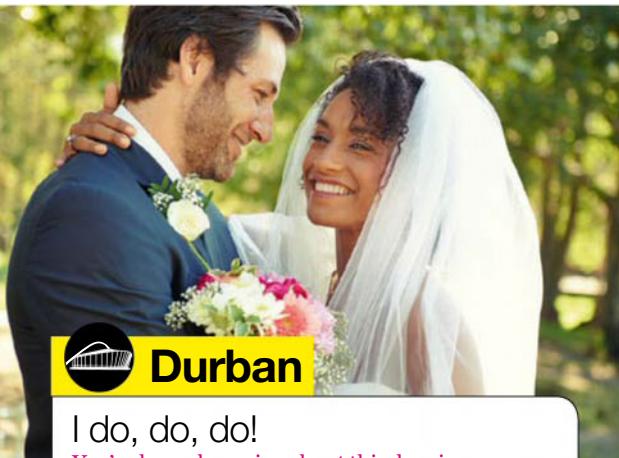
Passion, vision,  
style, inspiration!



## Nationwide

### Soulful sound

He might come across as an unassuming folk singer, but don't be fooled: British-born George Ezra is one of the music industry's biggest breakthrough artists. With hits like 'Budapest' and 'Blame it on me', his deep soothing voice (and cheeky smile) has become his signature. Catch him live on 28 August at Durban Shongweni Polo Club, in Cape Town on 29 August at Durbanville Race Course and in Joburg on 30 August at Carnival City. Book tickets at [seed.nutickets.co.za](http://seed.nutickets.co.za).



## Durban

### I do, do, do!

You've been dreaming about this day since you were a little girl. And now that you've found your dream mate and you have a ring on your finger, you're about to make it all real. Not sure where to start? A visit to the Wedding Expo should top your to-do list. With leading wedding suppliers, designers and florists all at hand, it's a one-stop wedding shop! On 1-2 August at Moses Mabhida Stadium. For more info, visit [wedding-expo.co.za](http://wedding-expo.co.za).

## AFRICAN BEAT

Enjoy a rare opportunity to interact with South African music icon Johnny Clegg in five up-close-and-personal acoustic performances at the Barnyard Theatre at Gateway. The show includes storytelling, hit songs, a moving account of key events in Johnny's life and the inside track on the motivation for songs like 'Impi' and 'Scatterlings of Africa'. Of course, no Johnny Clegg show is complete without dancing, so expect plenty of that, too. On 25-29 August. Book tickets at [barnyardtheatre.co.za](http://barnyardtheatre.co.za). 



FOR EVEN MORE HOT EVENTS, HEAD TO  
'GLAMOUR GUIDES' AT [GLAMOUR.CO.ZA](http://GLAMOUR.CO.ZA).

# GLAMOUR WOMEN OF THE YEAR 2015



*Coming in our September issue!*

It's one of our favourite times of the year: time to celebrate awesome SA women in fields ranging from creativity to charity, style to media, with our annual GLAMOUR Women of the Year Awards in association with Valpré. Meet these inspirers in our September issue, and stay up to date on [GLAMOUR.co.za](http://GLAMOUR.co.za)!

In association with



Proud partners



## G spots

### [Snuggle up]

Who doesn't love sharing a fireside meal with someone special? Here's where best to get cosy.



#### Durban

##### BLUEBERRY CAFE

*Netherwood Farm, R103,  
Nottingham Rd; 033 266 7132*

Reward yourself after a day of meandering with a stop at this picturesque spot. Relax around the large central fireplace and enjoy comfort food like the Malian chicken bunny chow (R80) and beef fillet medallions with black mushrooms (R90). And don't miss the blueberry lemonade (R18) and blueberry cheesecake (R45).



##### THE LIBRARY BAR

*Makaranga Garden Lodge, 1A Igwababa Rd, Kloof; 031 764 6616*

Great food, great wine, great atmosphere, sophisticated spot! Take a seat near the modern fireplace and enjoy tender Fillet Bordelaise with truffle-enriched mash (R140) or seared Norwegian salmon with stir-fried Asian vegetables (R130).

##### ST IVES

*R103 (Midmar Rd), St Ives Farm,  
Lions River, Howick; 033 234 4490*

With its breathtaking scenery, array of wildlife, wholesome food and roaring fires, this estate is a must. You can't go wrong with the bunless lemon and herb chicken burger (R72), grilled hake (R96) or yummy Sunday carvery buffet (R189 p/person).



#### Cape Town

##### CHARCOAL DINING

*50 New Church St, Gardens;  
021 422 3232*

Contemporary decor meets modern dining in a spot that's all about attention to detail. And it's not surprising, with restaurateur Roy van Litsenborgh at the helm. Expect brilliant service, a toasty fireplace and perfectly prepared dishes with an excellent balance of flavours, like tuna ceviche (R59), octopus salad (R69) and ostrich fillet medallions (R149). The standout? The melt-in-your-mouth rib eye steak (R159).



#### Joburg

##### FIRESIDE BISTRO

*Cnr Grant Ave and Algernon St, Norwood; 076 469 9958*

This gorgeous and inviting bistro is ideal for icy Highveld nights. Start with peri-peri chicken livers (R52), move on to the flavoursome rump steak with chimichurri sauce (R152), and be sure to leave room for traditional malva pudding served with roasted peaches and warm custard (R52).

##### DA VINCENZO

*29 Montrose Rd, Barbeque Downs, Kyalami; 011 466 2618*

An authentic Italian gem that prides itself on homemade fare in a romantic country setting, Da Vincenzo offers hearty dishes like *zuppa di lenticchie* (lentil and pasta soup; R45) and creamy chicken and vegetable risotto (R68). What a treat!

##### HIGHER GROUND

*St Stithians College, Property 40 Peter Place, Lyme Park, Randburg; 011 024 3433*

Looking for a cold-weather hideout? Higher Ground is it, from the stunning views to the fireplaces. We recommend the creamy garlic mussel pot (R60) and chicken stuffed with feta, olives and sundried tomatoes (R105), and dessert lovers have to try the crème brûlée (R48).



##### KLOOF STREET HOUSE

*30 Kloof St, Gardens; 021 423 4413*

If you've never visited the whimsical world that is Kloof Street House, with its myriad fireplaces and enchanting setting, you really are missing out. Set in a Victorian building that's beautiful both inside and out, this is fine dining with a difference. Tuck into the butternut, spinach and feta spring rolls (R62) and whole baked Camembert (R72) to start, osso buco and risotto (R148) for mains and lemon meringue layered gateau (R58) for dessert.

##### RICK'S CAFÉ AMÉRICAIN

*2 Park Rd, Gardens; 021 424 1100*

A thriving eatery that's always brimming with families and friends alike, you're guaranteed to love the laidback vibe, ornate fireplace and Casablanca-themed decor at Rick's Café Américain. For tapas, the duck and vegetable spring rolls (R55) are crunchy and delicious, while you have to try the Moroccan cheese parcels (R52). We liked the Guinness-battered fish and chips (R82) and the Turkish lamb kofta burger (R96), but there are plenty of scrumptious vegetarian offerings, too.



## “What inspires me” by musician Loyiso Bala

The SA singing sensation shares his passion for music and giving back.

**A**s a classically-trained musician who forms a third of SA band Bala Brothers along with his brothers Zwai and Phelo, Loyiso's life has always been about music. And it's not surprising, considering that he and his brothers are all accomplished solo artists in their own right.

Born in Uitenhage, Eastern Cape, Loyiso (and his brothers) attended the prestigious Drakensberg Boys' Choir School, graduating top of his class in 1995. He continued to excel and became the SA National Youth Choir's youngest conductor at 19.

Since then, Loyiso has had great success, with his first album, *Wine, Women and Song*, going triple platinum and a world tour in 2002. He's received six SA Music Awards and an SA Film and TV Award for best musical score for the 2007 TV series *Tsha Tsha*. Performing alongside Stevie Wonder, Aretha Franklin and Elton John is also a career highlight.

As goodwill ambassador for UNAIDS, the Smile Foundation and Afrika Tikkun, it's surprising that Loyiso has any off-time, but when he does, he spends it with his wife, Jennifer, and his daughter, Kenzie.

Research: Nandi Ndlovu; Photography: Bernard Brand; Gallo Images/Mire Images, Peopleimages.com, Fairchild Archive



← **ON MY PLAYLIST RIGHT NOW**  
Singer Josh Groban's new album, *Stages*.

→ **MY FAVOURITE PERFORMANCE**

I once had the opportunity to perform at an exclusive charity dinner at which Madiba, Oprah Winfrey, Bill Clinton and many other celebs were guests. It was the most surreal and unbelievable experience of my entire music career!



↑ **HOW I KEEP IN SHAPE**

I'm a CrossFit enthusiast, so I'm at the gym about four times a week.

**HOW I RELAX**

I love to hit weekend markets for good food, drinks and some entertainment with my family. When I'm at home, I enjoy watching movies or reading in the evenings.



**THE BEST PLACE I'VE TRAVELED TO**

↑ I travelled to Rio de Janeiro, Brazil in 1999 with a group of high-school friends. The music that I experienced in that city had – and continues to have – a great influence on the rhythms of my compositions.

**MY NUMBER-ONE CONCERT**

Michael Jackson in the '90s. That night, my date made out with my friend, but I didn't care because I was enjoying the greatest concert I'd ever seen!

← **MY IDOL**

Brian McKnight is my favourite singer of all time. I grew up listening to his music, and learnt so much about songwriting and R&B singing techniques, which weren't part of my classical training.



## Leo

23 JULY-23 AUGUST

**YOUR YEAR AHEAD** If you're a Leo, like actress Jennifer Lawrence (15 August 1990), this is a year of abundance – don't turn down blind dates or hook-ups as they may become special. Your visions for work will be creative, but you need to act out of service to bring yourself joy. You'll need to focus and pay attention to detail, but there'll be more freedom and opportunities for travel around September. Your ideas will bring in many financial rewards and make you stand out from the crowd. Do regular exercise, paying attention to your ankles and your heart.

### YOUR MONTH AHEAD *Get creative*

You have amazing, creative ideas that aren't being expressed, so release them to invite cash to flow into your pockets. Keep a positive attitude towards love as you wait for that special someone to sweep you off your feet (5-8 August are good dates to meet). In a relationship? Things look promising as your partner aids your wellbeing and emotional security.

**V IRGO** 24 AUG-22 SEPT  
*Dreams are realised*  
Many of your career hopes are being realised, or the seeds are at least being sown. The contacts you make through work will be important, so treat all those you meet with grace. Important days for meeting people and fulfilling goals: 27-28 August. Health wise, be wary of sharp body pains and headaches when exercising, and attend to them immediately. On the romance front, you and your partner are secure enough to start experimenting in the bedroom! Single? An internet romance or a new introduction through friends may occur.

**L IBRA** 23 SEPT-23 OCT  
*Work brings joy*  
You may be dealing with inheritances and legalities regarding money that people owe you. Be patient as the cash is making its way to you, but follow up, especially around 26-27 August. Visiting a reflexologist will be of great benefit to your feet. Your career is looking good – you'll have a natural empathy towards your market's or client's needs, and this will make you popular and succeed. And your partner is being very supportive of you. Looking for a mate? There's a chance of meeting someone at work.

**S CORPIO** 24 OCT-22 NOV  
*Time to shine*  
Although it seems you're married to your job, your charming personality does shine among colleagues. Work that needs to get done is being done, big projects in which money will be made available are being executed, and there will be a lot of involvement with female colleagues and products dealing with women. Passion needs to be kept alive in your relationship though, so make time for romance. Look to 22-23 August for candlelit dinners followed by seduction in the bedroom. Single? There's a chance of romance through travel and study.

**A GITTARIUS** 23 NOV-21 DEC  
*Adventure leads to romance*  
Some travelling may happen in order to acquire beautiful materials and things of value for work and your career. These things will enhance the senses and bring much pleasure to others. You live for adventure, and a partner may appear while travelling. For singles, there are good opportunities for love. Take a romantic getaway, as romance shines through the stars this month: 21-23 August is the best time. If you enjoy the odd gamble, now is not a good moment to take risks. Instead, restructure your finances and look into the best possible rewards for saving.

**C APRICORN** 22 DEC-20 JAN  
*Focus on your finances*  
Money will be a big topic between you and your partner this month, and it will be of great importance to structure your finances so that you have your own personal bank account in your name which can only be accessed by you. This is imperative both for your personal development and your independent nature. If single, you're starred to meet someone through family and relatives, so be open to invitations that come your way. Communication at work is crucial, as is structuring your communication vehicles, including social media. Many issues you express will be highlighted in the workplace, especially on 10 August.

**A**QUARIUS 21 JAN-18 FEB  
*Stay strong*  
Although you're usually logical and analytical, you're going to have to trust your gut with many work decisions you make at this time. You may experience strong emotions and could make impulse decisions regarding money. There's the chance you'll want to upgrade your technology, so keep 8-9 August open for purchases. You and your partner may talk of marriage, and if you're getting married this month, expect a fabulous and festive wedding. If single, a romantic encounter may lead to a committed relationship with a sexy Virgo or Leo!

**P**ISCES 19 FEB-20 MAR  
*Fun is on the way*  
Girls just wanna have fun – and that's where your finances are going this month! You're spending on things for the house, the children you love, and anything that brings out your nurturing instinct. Single? The stars show that a wonderful partner is on their way – one that will bring balance to your life. They'll be someone who speaks up for themselves, especially when injustices are made. Rely on 2-3 August for your most romantic days. It's time to focus on your career, especially if you deal with the law, education, media and sport.

**A**RIES 21 MAR-20 APR  
*Lead and succeed*  
Emotions are running high at home and you may need a breather to relax. For you, this means physical activity. Sex and passion will be replaced by nurturing as you take care of your partner's needs. If single, you're looking for someone fit, healthy and fun – you may just find them at the gym! Look out on 4-5 August. You need to be independent and lead in your career, so take on the difficult roles you were born to do and see how your company or business thrives. Your finances are looking flush, so trust any financial decisions you need to make.

**T**AURUS 21 APR-21 MAY  
*Home is where the heart is*  
You want to redecorate and spring-clean your home, so spend money on this as it will bring good energy into your life. If you live with your partner, things will seem like bliss. There'll be a wonderful balance of respect and sensitivity of each other's needs, with 6-8 August being special dates for bonding. Single? Attending a class that involves your senses such as art, gardening or cooking may bring a handsome stranger into your life. At work, your career will focus on things of a domestic nature, like home and family. Enjoy this special time.

**G**EMINI 22 MAY-21 JUN  
*Make time for friends*  
Your thoughts will be on family and sentimentality about worldly objects. Go through your belongings and ask, "How does this serve me?" You'll spend on travel and visits with siblings this month, as your relationship with your partner sees get-togethers with friends in the future. It's important for you to relax and have fun! If single, rely on friends to introduce you to new people – 18 August is a fortuitous date. You'll deal with other people's money at work, so trust your innovative ideas. And be sure to visit the gynae for a check-up!

**C**ANCER 22 JUN-22 JUL  
*Explore the erotic*  
As a Cancerian, you can easily get lost in fantasy. You want to explore your sexuality, especially with an older person – someone you can trust and grant control. If partnered up, verbalise your desires and see where that goes – after all, it's a chance to create a deeper bond. Financially, you know how to handle your money well and you may start having ideas about working from home. Examine this further and see what you come up with, especially with regards to businesses dealing with children, food, women and home.



If he's a Leo, like actor Michael Ealy (August 3 1973), he's kind, creative, great with kids and loves to be the centre of attention! He likes a woman who can captivate with conversation and is willing to spoil him. Pisceans and Scorpions are too emotional for him, Cancerians and Virgos make good friends, and Capricorns and Taureans are too practical. Sagittarians and Arians are a top match, while there will always be competition for the spotlight with a Leo. He's drawn to Aquarians, although they challenge him. ❶

Email [goldastrology@gmail.com](mailto:goldastrology@gmail.com) for your personal reading by our fabulous GLAMOURscope writer **Leigh Goldberg**.



GET YOUR DAILY HOROSCOPE  
UPDATE AT [GLAMOUR.CO.ZA](http://GLAMOUR.CO.ZA).

# The get it guide!

**A-List** 021 422 4844  
**Accessorize**  
011 880 4644; 021 425 7701  
**Afraid of Mice**  
021 423 7353  
**ALDO** 011 884 4141  
**a.y.k** 083 256 7890  
**Call It Spring**  
011 784 1597; 021 418 2491  
**Castelo** 011 883 8767  
**CJR Giftsales**  
cjr.co.za; info@cjr.co.za  
**Clarks** 011 455 0917  
**Cloth & Steel**  
083 303 0979  
**Colette by Colette**  
**Hayman** 087 808 0080  
**Cotton On** 011 268 3700  
**Donna Claire**  
086 010 4764  
**Edgars** 086 069 2274  
**Egality** 071 452 2503  
**Emporio Armani**  
011 268 0219; 021 425 7083  
**Europa Art**  
011 883 5354; 021 683 0517  
**Factorie** 011 482 6259;  
021 552 9651  
**Fashion Express**  
086 010 1048  
**Forever 21**  
021 555 3324  
**Forever New**  
011 883 4585; 021 419 4552  
**Fortune**  
fortuneclothing.co.za  
**Foschini** 086 010 4764  
**Gant** 021 425 5317  
**Glitterati** 082 819 5247  
**GUESS** 011 883 8391;  
021 421 9067; 031 566 3282  
**Jorge** 021 674 1030  
**Karen Millen**  
011 784 2737  
**Kottin & Twille**  
082 822 6729  
**Little Birdie**  
082 849 8815  
**Lovisa** 011 883 0918  
**Lulu Belle** 021 938 1911  
**Lumin**  
info@luminclothing.com

**Luxottica** 021 486 6100  
**Mango** 011 783 7907;  
021 418 0916  
**Missibaba**  
011 880 2099; 021 424 8127  
**Mr Price** 031 310 8638  
**Mungo & Jemima**  
021 424 5016  
**NWJ Jewellery**  
086 111 1695  
**Oculus** 021 421 0023  
**Purr** 021 424 5044  
**Queue Shoes**  
021 531 5450  
**Rage** 011 608 6838  
**River Island**  
011 214 7781  
**S Keren Watch**  
**Group** 021 418 0045  
**Samantha Constable**  
074 583 9433  
**Second Time Around**  
021 423 7674  
**Shoelery** 073 556 4011  
**Spitz** 011 707 7300  
**Spree.co.za**  
086 199 9501  
**Steve Madden**  
011 784 0406; 021 552 3722  
**Stuttafords**  
011 879 1000  
**SUPER**  
retrosuperfuture.co.za  
**Tamara Chérie**  
082 788 4978  
**Ted Baker** 011 450 1156  
**The Lot** 011 880 1603;  
021 424 0182  
**Topshop** 011 685 7070;  
021 419 5900  
**Truworts** 021 460 2300  
**TUMI** 011 884 5744;  
021 419 4253  
**Woolworths**  
021 407 9111  
**YDE** 086 187 8933  
**Zando.co.za**  
086 119 2636  
**Zara** 011 302 1500;  
021 446 8700;  
031 536 6440  
**ZOOM** 021 510 4707

Please note that GLAMOUR cannot guarantee the availability of stock in stores. All prices are correct at the time of going to press.

# GLAMOUR

**In the USA:** Condé Nast

**Chairman:** SI Newhouse, Jr

**CEO:** Charles H Townsend

**President:** Robert A Sauerberg, Jr

**Artistic Director:** Anna Wintour

**In other countries:** Condé Nast International

**Chairman and Chief Executive:** Jonathan Newhouse

**President:** Nicholas Coleridge

**Vice Presidents:** Giampaolo Grandi,

James Woolhouse and Moritz von Laffert

**President, Asia-Pacific:** James Woolhouse

**President, New Markets:** Carol Cornua

**Director of Licenses, New Markets:** Natascha von Laffert

**President and Editorial Director:** Karina Dobrovolskaya

**Vice President & Senior Editor, Brand Development:** Anna Harvey

**Director of Planning:** Jason Miles

**Director of Talent:** Thomas Bucaille

**Director of Acquisitions and Investments:** Moritz von Laffert

**Global: Condé Nast E-commerce Division**

**President:** Franck Zayan

**Global: Condé Nast Global Development**

**Executive Director:** Jamie Bill

**The Condé Nast Group of Brands includes:**

**US** Vogue, Vanity Fair, Glamour, Brides, Self, GQ, The New Yorker, Condé Nast Traveller, Details, Allure, Architectural Digest, Bon Appétit, Epicurious, Wired, W, Style.com, Golf Digest, Teen Vogue, Ars Technica, Condé Nast Entertainment, The Scene

**UK** Vogue, House & Garden, Brides & Setting up Home, Tatler, The World of Interiors, GQ, Vanity Fair, Condé Nast Traveller, Glamour, Condé Nast Johansens, GQ Style, Love, Wired, Condé Nast College of Fashion & Design, Ars Technica

**FRANCE** Vogue, Vogue Hommes International, AD, Glamour, Vogue Collections, GQ, AD Collector, Vanity Fair, Vogue Travel in France, GQ Le Manuel du Style

**ITALY** Vogue, L'Uomo Vogue, Vogue Bambini, Glamour, Vogue Gioiello, Vogue Sposa, AD, Condé Nast Traveller, GQ, Vanity Fair, Wired, Vogue Accessory, La Cucina Italiana, CNLive

**GERMANY** Vogue, GQ, AD, Glamour, GQ Style, Myself, Wired

**SPAIN** Vogue, GQ, Vogue Novias, Vogue Niños, Condé Nast Traveller, Vogue Colecciones, Vogue Belleza, Glamour, AD, Vanity Fair

**JAPAN** Vogue, GQ, Vogue Girl, Wired, Vogue Wedding

**TAIWAN** Vogue, GQ

**RUSSIA** Vogue, GQ, AD, Glamour, GQ Style, Tatler, Condé Nast Traveller, Allure

**MEXICO AND LATIN AMERICA** Vogue Mexico and Latin America, Glamour Mexico and Latin America, AD Mexico, GQ Mexico and Latin America, Vanity Fair Mexico

**INDIA** Vogue, GQ, Condé Nast Traveller, AD

**Published under Joint Venture:**

**BRAZIL** (Published by Edições Globo Condé Nast SA) Vogue, Casa Vogue, GQ, Glamour, GQ Style

**SPAIN** (Published by Ediciones Conelpa, SL) S Moda

**Published under License:**

**AUSTRALIA** (Published by NewsLifeMedia) Vogue, Vogue Living, GQ

**BULGARIA** (Published by S Media Team Ltd) Glamour

**CHINA** (Published under copyright cooperation by China Pictorial) Vogue, Vogue Collections (Published by IDG) Modern Bride (Published under copyright cooperation by Women of China) Self, AD, Condé Nast Traveller (Published under copyright cooperation by China News Service) GQ, GQ Style

**CZECH REPUBLIC AND SLOVAKIA** (Published by LCI CZ sro) La Cucina Italiana

**GERMANY** (Published by Piranha Media GmbH) La Cucina Italiana

**HUNGARY** (Published by Ringier Axel Springer Magyarország Kft) Glamour

**ICELAND** (Published by 365 Miðar ehf) Glamour

**KOREA** (Published by Doosan Magazine) Vogue, GQ, Vogue Girl, Allure, W, GQ Style, Style.co.kr

**MIDDLE EAST** (Published by Arab Publishing Partners Inc) Condé Nast Traveller, AD

**POLAND** (Published by Burda GL Polska SP ZOO) Glamour

**PORTUGAL** (Published by Cofina Media SA) Vogue

**ROMANIA** (Published by SC Ringier Romania SRL) Glamour

**SOUTH AFRICA** (Published by Condé Nast Independent Magazines Pty Ltd) House & Garden, GQ, Glamour, House & Garden Gourmet, GQ Style

**THE NETHERLANDS** (Published by G+J Media Nederland CV) Glamour, Vogue

**THAILAND** (Published by Serendipity Media Co Ltd) Vogue, GQ

**TURKEY** (Published by Dogus Media Group) Vogue, GQ (Published by MC Basim Yayın Reklam Hizmetleri Tic LTD) La Cucina Italiana

**UKRAINE** (Published by Publishing House UMH LLC) Vogue

**TERMS AND CONDITIONS FOR GLAMOUR COMPETITIONS** 1 After the keyword (indicated in the 'to enter' block on competition pages), entrants must supply full name, age, address, email address and phone number. By providing these details you give Condé Nast permission to communicate with you about promotional, competition and subscription offers. 2 SMSes cost R1.50 each. Free minutes, SMS bundles and Telkom Mobile SMSes do not apply. Errors will be billed. 3 Readers may enter competitions as many times as they like. 4 Employees of Condé Nast Independent Magazines (Pty) Ltd and participating/associated companies and promotional agencies, contributors to GLAMOUR and the families of any of the above may not enter the competition. 5 Winners will be chosen at random after the closing date of each competition and will be notified within 14 working days of the draw. If a winner cannot be contacted within 30 days, an alternative winner may be chosen. 6 GLAMOUR reserves the right to forward entrants' details to competition sponsors. 7 The judges' decision is final and no correspondence is entered into after a winner has been chosen. 8 Competition prizes are not transferable and no cash alternatives are allowed. 9 All entries become the property of GLAMOUR and will be neither acknowledged nor returned. 10 Acceptance of the prize (or prizes) constitutes consent to use the winners' names and photos for editorial, advertising and publicity purposes. 11 The closing date for all competitions is midnight on 31 August 2015, unless otherwise stated on the page. 12 Delivery of prize (or prizes) may be subject to delivery by the sponsors. 13 Contestants entering all competitions are bound by these rules and regulations. 14 GLAMOUR is not responsible for late, lost or damaged mail. Please do not send entries by registered mail, as GLAMOUR will not collect them.



**DO** pair with a metallic mini for a fresh take.



When looking for a white shirt, **DON'T** forget about buttons!



We **DO** love these vintage-feel details.



White and navy **DO** a classy combo make.



**DO** collarless shirts are a modern **DO**.



**DON'T** lower the tone with cleavage and fluffy heels.

Photography: Gallo Images/Getty Images, Gallo Images/Wire Images, Vincenzo Grillo/MAXtree.com

# 15

## Ways to exit a conversation

There's champagne, there's dancing... and then there's you, trapped in a deep and meaningful talk in the corner. It's time to move on, but how? Starting with the acceptable and ending with the not so much, we've got ways to help!

**1** Firmly but earnestly ask, "Do you think we ought to be mingling?"

**2** "Oh, let's not use up all our stories now – I saw we're sitting next to each other at supper." (Allowable if true. Heck, passable if false.)

**3** Ambush an innocent passer-by and use the old escape line, "Have you met Jimmy?"

**4** Use the classic, "Do excuse me, I've just got to touch up my lipstick."

**5** Shriek, "Oh no, I think I just spotted my ex-boyfriend. Got to go!"

**6** Play the drinks card and exclaim, "Oh gosh, I need a top-up."

**7** Spill a little wine on yourself, then quickly dash off to clean up.

**8** Yell, "OMG, this is my favourite song, ever!" (Even if it's not.)

**9** Apologise: "Wow, look at me monopolising all your time." Then leave.

**10** Break into a coughing fit, and say, "I don't think it's very catchy."

**11** Be a canapé whore and scamper off after the last chocolate macaron.

**12** Answer your phone. It didn't ring? Then phone somebody.

**13** Say, "I know this is fast, but what name should we give our first child?"

**14** Adopt a dreamy expression and start humming to yourself.

**15** Look over their shoulder. A lot. Then mutter, "I'm bored."





FOUNDED 1685  
**BOSCHENDAL**  
COMMEMORATING  
**330**  
YEARS

EVERY GENERATION  
FINDS  
GREATNESS

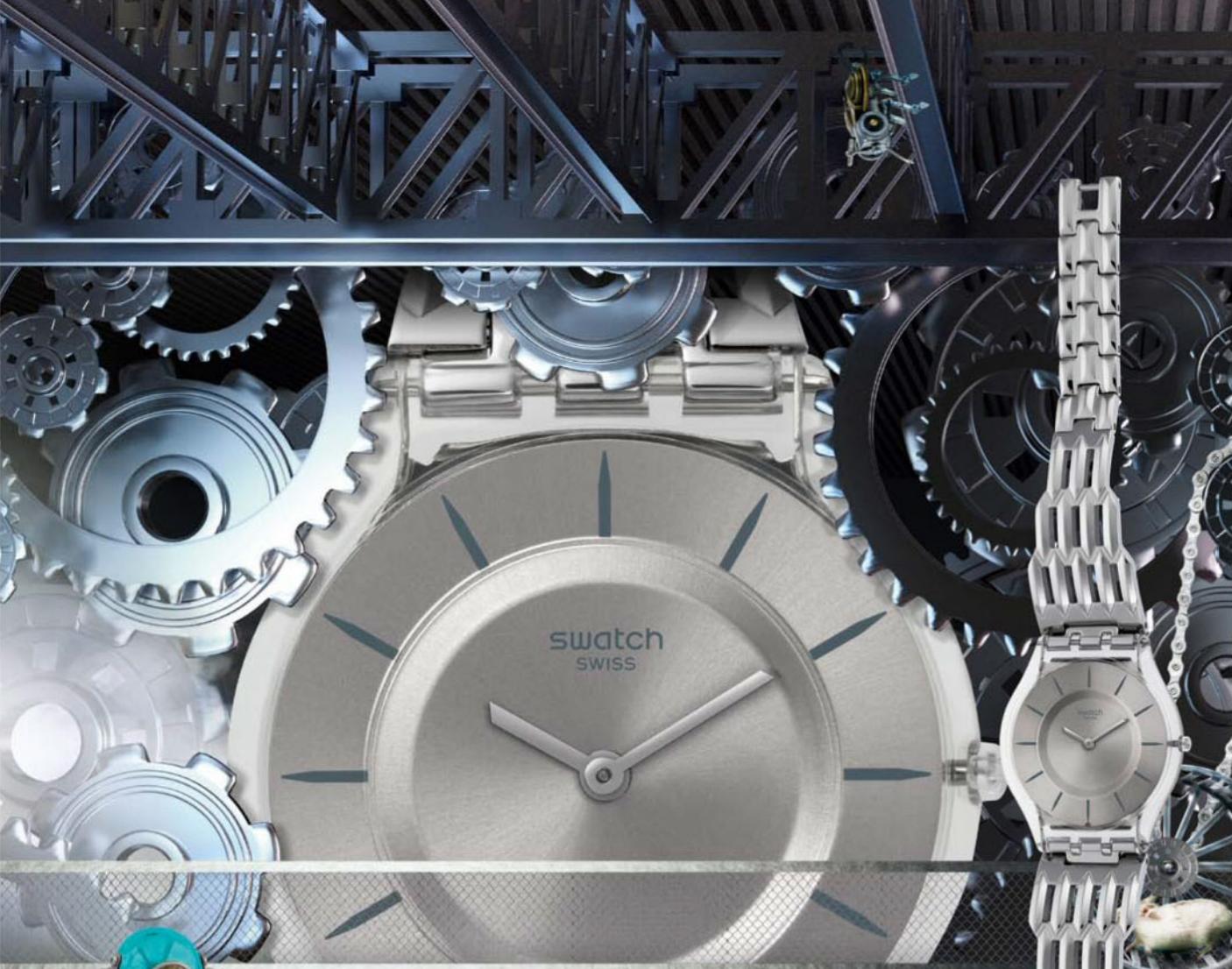
...



**BOSCHENDAL**  
SINCE  
1685



Not For Sale To Persons Under The Age Of 18. Please Enjoy Responsibly.



**GREAT  
TIMES!**  
WITH TECH-MODE

Canal Walk, Cavendish, Clearwater, Eastgate, Gateway, Menlyn, Sandton, Cresta,  
Tyger Valley, V & A Waterfront, Pavilion / Tel no: 011 911 1200, [www.swatch.com](http://www.swatch.com)

**swatch**